



日本旅遊指南

ISSUE 75 Spring / 2016

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Have Lots of Fun in Suginami, Tokyo 暢遊東京杉並區!

JR EAST PASS Two Areas, Twice the Fun! JR東日本鐵路周遊券 兩個區域·雙重樂趣!

Okinawa: Sunset in Aguni Island 沖繩: 粟-國島的夕陽

Yudanaka Onsen 湯田中溫泉



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The Anime Scene in Japan

日本卡通動畫情景 일본 애니메이션 현장



Photo for cover:

Megane-bashi ("Spectacles bridge") in Nagasaki / 眼鏡橋 by Zhang Yunchao (Jilin Pref. China) (Winner of the 3rd "Cover Contest")

Comment: Arches of the bridge and their reflection on the surface of the river combined make a shape of eyeglasses, which look like those of Nobita in "Doraemon"!

How to Entry Cover Contest:
www.att-japan.net/en/topics/syosai/3421

封面比賽應徵請見
www.att-japan.net/tc/topics/syosai/3423



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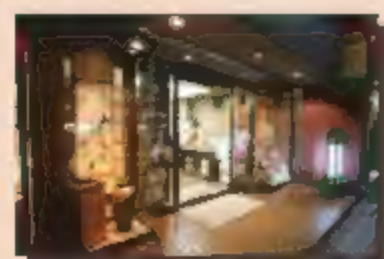
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Tokyo 150-0001

(Adjacent to Kiddy Land.)



HAVE LOTS OF FUN IN SUGINAMI

CLOSE TO SHINJUKU, ONLY 10 MINUTES AWAY

距離新宿超近！暢遊杉並！

約2分
about 2 min約2分
about 2 min吉祥寺
Kichijoji西荻窪
Nishi-Ogikubo荻窪
Ogikubo

Let's take local trains on the Soto Line on Saturdays, Sundays and holidays!
週末及節假日請乘坐總武線各停前往。

Take a train on the Chuo Line from Shinjuku, and you will be in Sugunami in about 10 minutes. The city has attractive towns, including Koenji, Asagaya, Ogikubo, and Nishi-Ogikubo, all famous for unique bars and restaurants serving delicious food and drink.

Food 食



KOENJI 高圓寺

Filled with live houses and second hand clothing shops, the area attracts fashion-conscious young people. You can find vibrant shopping streets here and there. You may come across very unique shops you would never find anywhere else. 聚集許多展演空間與二手服飾店，來訪的年輕人川流不息，到處都是充滿活力的商店街。還有很多個性十足的商店。

Ten-yone 天米 Tempura 天婦羅



This venerable restaurant has long been serving delicious tempura in this place. You can enjoy sizzling tempura just out from the oil right in front of your eyes. Lunch dishes are available until 3 p.m. and very delicious. 3-45-11 Koenji-minami, Sugunami-ku 4-minute walk from Koenji Sta. tabelog.com/tokyo/A1319/A131904/13049378/

讓人感受到高圓寺風格的老店。主廚就在眼前實際演出炸天婦羅。午餐套餐最超值。推薦（供應至 15:00）。杉並區高圓寺南 3-45-11 從高圓寺站步行 4 分鐘



Bariki 馬力 Izakaya Pub 居酒屋

A Japanese-style pub is located under the train track, with a big landmark red lantern. It is a famous meeting place of horse racing fans. The most popular dish, Bariki Tofu, is superb. 3-69-1 Koenji-minami, Sugunami-ku 2-minute walk from Koenji Sta. tabelog.com/tokyo/A1319/A131904/13125337/

位於有顯著標誌的鐵道高架橋下掛著燈籠的大眾酒館。最受歡迎的馬力豆腐是店內的絕品。杉並區高圓寺南 3-69-1 從高圓寺站步行 2 分鐘



ASAGAYA 阿佐谷

With a long arcaded shopping street with a touch of good old Tokyo as well as a cultural complex facility with a movie theater and a small playhouse, this town may make you feel something of an intellectual atmosphere. 遺留老街風情，擁有綿延不絕的拱狀商店街與電影院、小劇場等文化設施，是僅能讓人感受到知性空氣的地區。

More than 20 dishes using fresh oysters directly sent from Hiroshima, a place famous for oyster, are prepared. Yaki-gaki (grilled oyster) is the most popular dish and a deep-fried oyster is also exquisite. 2-2-5 Asagaya-kita, Sugunami-ku 1-minute walk from Asagaya Sta. tabelog.com/tokyo/A1319/A131905/13171884/

使用從廣島直送過來新鮮牡蠣的料理多達 20 種以上。最具人氣的「烤牡蠣」及蘸上塔塔醬來享用的大串炸牡蠣均為絕品美食。杉並區阿佐谷北 2-2-5 從阿佐谷站步行 1 分鐘

Kakikko Shoten Kakikko商店 Oysters 牡蠣



You can enjoy eating a variety of items of vegetables, fish dumplings and others stewed in soy sauce soup while drinking sake at the counter. Osomatsukun is a popular dish reproducing a dish depicted in manga "Osomatsukun." 2-11-17 Asagaya-kita, Sugunami-ku 3-minute walk from Asagaya Sta. tabelog.com/tokyo/A1319/A131905/13011881/

坐在吧台上一邊飲酒，一邊品嚐各式各樣的關東煮。也千萬不要錯過重現漫畫中出現過的關東煮的人氣菜單「小松菜」喔！杉並區阿佐谷北 2-11-17 從阿佐谷站步行 3 分鐘

*Menus in English of the two shops in Asagaya are to be prepared at the end of March. 本文中介绍的阿佐谷的店舖預定將於 3 月末設置英文菜單。

Yonekyu 米久 Oden stew 關東煮



約2分
about 2 min

約6分
about 6 min

阿佐ヶ谷
Asagaya

高円寺
Koenji

新宿
Shinjuku

JR總武線(各駅停車)
JR Sobu Line (local train)

JR中央線(快速)
JR Chuo Line (rapid train)

秋葉原
Akihabara

東京
Tokyo

JR山手線
JR Yamanote Line

*Please note rapid trains on the Chuo Line do not stop at Koenji, Asagaya, and Nishi-Ogikubo stations on Saturdays, Sundays and holidays.

※中央線(快速)：週末及例假日時在高圓寺・阿佐ヶ谷・西荻窪站過站不停，敬請留意。



The famous owner chef, an energetic Hokkaido native, is always at the top of his form! You can enjoy fish dishes along with yakitori. There is a standing bar.
1-4-3 Kamiogi, Suginami-ku
3-minute walk from Ogikubo Sta.

*English menu is available.
www.ogikubo-ginza.com/Torimoto.html

北海道出身の名人店長、永遠の元氣十足！除了烤肉串以外，鮮魚料理也非品嘗得到。另外還有站著品酒的吧台位子。

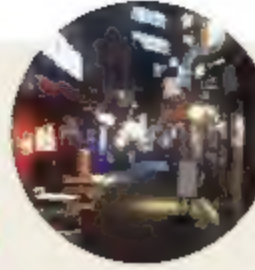
杉並區上荻1-4-3
從荻窪站步行3分鐘
※有英文菜單。

Torimoto Honten 鳥Moto本店
Yakitori 烤肉串

OGIKUBO GINZA 荻窪銀座

A district filled with small Japanese-style pubs. You can enjoy beer with various dishes, including yakitori and ramen.

聚集眾多小酒館的區域。無論是啤酒、烤肉串、拉麵等都能在這裡享受到。



OGIKUBO 荻窪

This quiet residential area used to be home to many cultural figures and politicians, and now some of these residences are used as public parks. This area is also famous for ramen. 閑靜的住宅區。很多的文化人士與政治家均居住於此，現在區域的一部分被整治成公園。此區的拉麵相當出名。



Nogata Hope 野方Hope

Ramen 拉麵

Ogikubo is probably best known for ramen. As one of the most famous ramen shops in Japan, Nogata Hope serves delicious ramen in a rich soup of original invention with a secret sauce. Dipping-style *tsukemen* ramen is also available.

3-29-12 Amanuma, Suginami-ku
3-minute walk from Ogikubo Sta.

*English menu is available.
soryu1988.jp/nogata-hope/stores/ogikubo/

說到荻窪就不能不提拉麵！講究的濃厚祖傳秘方湯底相當美味。另外也有沾麵。

杉並區天沼3-29-12
從荻窪站步行3分鐘
※有英文菜單。

Mensobo SAKURA 麵削房櫻

Ramen 拉麵



The most popular ramen *Umakara Tonkotsu* has a perfect touch of spiciness within the richness. It comes with a bowl of rice topped with seasoned ground meat.
3-10-9 Nishiogi-minami, Suginami-ku
2-minute walk from Nishi-Ogikubo Sta.
tabelog.com/tokyo/A1319/A131907/1302552/

最受歡迎的「旨辛豚骨」帶有絕妙的微辣感。最後一道免費提供的肉味增飯，毫無疑問地令人大滿足！

杉並區西荻南3-10-9 從西荻窪站步行2分鐘



NISHI-OGIKUBO 西荻窪



This town has many unique privately-owned shops. On the south side of the station, there is a small area filled with drinking places in an ethnic atmosphere. You can enjoy strolling around in the maze-like area and stopping by at several places for a drink.

聚集許多個性十足的小店鋪。從車站南口開始向外蔓延，聚集許多充滿異國風情的小酒館街道，彷彿令人迷失。到不同小酒館品酒，一邊到處逛逛也是不同樂趣。

A variety of yakitori dishes are offered, with an atmosphere of street stands. Gigantic *tsukune* (meatballs) are popular, and can be ordered with a sunny-side up egg atop.

3-11-10 Nishiogi-minami, Suginami-ku

1-minute walk from Nishi-Ogikubo Sta.

tabelog.com/tokyo/A1319/A131907/13064493/

在路邊攤的氣氛中享受各種烤肉串。巨大的雞肉丸是本店名物料理，可以加份白玉燒（日式煎蛋）放在雞肉丸上一起吃更加美味。

杉並區西荻南3-11-10

從西荻窪站步行1分鐘

Yoneda Yone田

Yakitori 烤肉串



Don't forget to visit nice cafes in Nishi-Ogikubo. Some cafes and restaurants are still open after midnight, and welcome you after your round of drinking.

西荻窪很棒的咖啡店也不容錯過。喝完酒之後，深夜也能進入的店也有不少。

Food
食

Psyche Delhi-san, an official character of Koenji Shoenjai (shopping street) Association
新國寺商店街協會官方吉祥物 Psyche Delhi

Psyche Delhi-san Curry (Koenji): With a gravy-beef-curry flavor, this curry has a hearty beef umami.

Available at Seven-Eleven Koenji-ekimae Shop, Communication and Cultural Shop (1F Lobby in Suganami City Office), and others.

Psyche Delhi 的咖哩 (新國寺): 濃稠肉汁的牛肉咖哩味。將牛肉的美味呈現得淋漓盡致。

販售店舖 7-ELEVEN 新國寺站前店
交流文化小舖 (杉並區公所中樓 2 樓大廳內) 等

Asagaya Bunsui Coffee Curry (Asagaya): The aromatic taste is enhanced by coffee used as a spice.

Available at Communication and Cultural Shop (1F Lobby in Suganami City Office) and La Maison Courtine.

阿佐谷文士珈琲咖哩 (阿佐谷): 用咖啡做為香料所呈現的香氣極高的美味。

販售店舖 交流文化小舖 (杉並區公所中樓 2 樓大廳內)・La Maison Courtine

Local retort curry products from Koenji, Asagaya, and Ogikubo make great souvenirs.

在高國寺、阿佐谷、荻窪誕生的當地名產咖哩料理包最適合當伴手禮。

Ogikubo Meiten (Ogikubo): This Italian-style curry has sausages in a tomato-based sauce with perfect acidity and umami.

Available at Ogikubo Town Seven

荻窪名店 (荻窪): 番茄的酸味與美味加上香腸香的正統義大利咖哩。

販售店舖 荻窪 Town Seven

Curry 咖哩



資料提供: すぎなみ市俱樂部

Cafes 喫茶店

Violon

Located at the end of Star Road Shotenjai shopping street on the North Exit side, Violon is a place to enjoy good live music. Enjoy a unique atmosphere away from everyday life in this place filled with antique items.

2-9-5 Asagaya-kita, Suganami-ku
5-minute walk from Asagaya Sta.
meikyoku-kissa-violon.com/index.html

Violon

位於北口 Star Road 商店街尾端的名曲喫茶店。陳列著古典小裝飾品的店內，可以感受到不同於日常生活的特別空間。

杉並區阿佐谷北 2-9-5
從阿佐谷站步行約 5 分鐘

*The menu in English of this shop is to be prepared at the end of March.

※本店預定於 3 月末添置英文菜單。



Coffee Lodge DANTE

This quaint cafe in a redbrick building serves many different kinds of coffee. It is the perfect spot to take a break from strolling around the town.

3-10-2 Nishiogi-minami, Suganami-ku
2-minute walk from Nishi-Ogikubo Sta.
tabelog.com/tokyo/A1319/A131907/13011831/

Lodge Dante 咖啡

紅磚瓦肆建築別有一番風趣的喫茶店。咖啡種類繁多，可以盡情享受。但累了不妨來到這裡稍作休憩。

杉並區西荻南 3-10-2
從西荻窪站步行約 2 分鐘



Hare-san, a mascot of Nishi-Ogikubo Town Seven
西荻窪商店街協會吉祥物 Hare-san



JUHA

A small cafe that offers a perfect place to enjoy music and coffee. The adorable interior attracts many female visitors.

2-25-4 Nishiogi-minami, Suganami-ku
5-minute walk from Nishi-Ogikubo Sta.
juha-coffee.com/

JUHA

可同時品味音樂與咖啡的小咖啡店。店內的裝潢相當可愛，是女孩兒們喜愛的休憩場所。

杉並區西荻南 2-25-4
從西荻窪站步行約 5 分鐘

Toraya Chinzan

Ogura Pancake with red bean paste is wonderful and can be eaten in the shop. Oguri Manju (steamed bun with chestnut paste) is a good souvenir.

1-33-5 Asagaya-minami, Suganami-ku
4-minute walk from Asagaya Sta.
www.toraya-chinzan.com/

Toraya 橘山

可在店內飲食區享用的小倉餅真是絕品。大栗饅頭作為伴手禮則是再合適不過了。

杉並區阿佐谷南 1-33-5
從阿佐谷站步行 4 分鐘

*The menu in English of this shop is to be prepared at the end of March.

※本店預定於 3 月末添置英文菜單。



Usagiya

Usagiya's famous dorayaki, one of Asagaya's local specialty food items, consists of fluffy pancakes outside sandwiching juicy anko red-bean paste inside. Usagi Manju (steamed bun with red-bean paste) and seasonal Japanese sweets are also popular.

1-3-7 Asagaya-kita, Suganami-ku
3-minute walk from Asagaya Sta.
tabelog.com/tokyo/A1319/A131905/13000731/

Usagiya

名產的銅鑼燒皮軟綿綿，當中的餡料吃起來也很清爽。另外這裡也有賣兔子饅頭以及應季節變化製作的和菓子。

杉並區阿佐谷北 1-3-7
從阿佐谷站步行 3 分鐘

Wagashi
(Japanese sweets)
和菓子

Echigo Tsuruya

One of its specialty items, Shiwase Ichigo Daifuku (rice cake stuffed with fresh strawberry), has a perfect balance between the sweetness and the acidity.

3-38-20 Shoen, Suganami-ku
2-minute walk from Nishi-Ogikubo Sta.
omochiya.jp/

越後鶴屋

令人感到幸福的草莓大福餅，酸味與甜味的平衡是絕配。

杉並區新國寺 3-38-20
從西荻窪站步行 2 分鐘

For details including Open hours and Closed days, please see websites of each shop.

營業時間及公休日等詳細資訊請至各店舖網站查詢。



Namioka, an official anime character of Suganami City
杉並區正式指定人物 Namioka

Event 活動

The 8th Annual Koenji Bikkuri Daidoge 2016 第8屆高圓寺驚奇大道藝(街頭表演)



April 30 (Sat) – May 1 (Sun)

Eleven shotengai shopping streets in Koenji, the area in front of Za-Koenji Public Theater, the areas in front of the south and north exits of JR Koenji Sta., Koenji Kita Park, Koenji Chuo Park

Taking place at various places all over the Koenji area, a variety of wonderful performances by more than 40 groups from Japan and other countries entertain visitors.

4月30日(六)・5月1日(日)

高圓寺的11條商店街・座高圓寺劇場前廣場・JR高圓寺南北車站前廣場・高圓寺北公園・高圓寺中央公園

以高圓寺的整個街區為舞台・串連國內外超過40組的表演者・展現精彩的街頭藝。

The 10th Koenji Festival 2016 第10屆高圓寺節 2016



The 1st week in August

Around JR Asagaya Sta. (including Asagaya Pearl Center and neighborhood shopping streets)
Huge paper decorations based on the year's trends and ideas are displayed all along the length of the arcaded shotengai shopping streets.

8月第1週

阿佐谷站周邊(阿佐谷珍珠中心及其它鄰近商店街)

將整條商店街佈置上今年度流行和創意的紙製裝飾。

The 63rd Annual Asagaya Tanabata Matsuri Festival 第63屆阿佐谷七夕祭



October 29 (Sat) – 30 (Sun)

Around JR Koenji Sta.

During this huge autumn cultural festival, various events are held at the same time in the area. "Yuru-chara Matsuri Festival" where many yuru-chara (mascot characters) from all over Japan – including Psyche Delhi-san, the official character of Koenji Shotengai (shopping street) Association – give publicity to their respective local communities, is a must-see.

10月29日(六)・30日(日)

高圓寺站附近

是一項在此期間・同時舉辦眾多活動的秋天大型文化節。高圓寺商店街聯合會官方吉祥物「PSYCHE DELHI 先生」也會出場的吉祥物節・更是值得一看！



The 60th Annual Tokyo Koenji Awa Odori Festival 第60屆東京高圓寺阿波舞大會

August 27 (Sat) – 28 (Sun)

Eight performance areas around JR Koenji Sta. and Subway Shin-Koenji Sta.
One of Tokyo's most famous summer features is boosted by the powerful dance of 10,000 dancers along with cheering from one million people. The year of the 2016 festival commemorates the 60th anniversary.

8月27日(六)・28日(日)

高圓寺站・新高圓寺站周邊的8個演舞場(舞蹈劇場)

1萬名舞者與100萬名民眾歡慶舞蹈・將代表東京夏日風情的阿波舞・今年度是第60屆紀念大會。



Hello Nishiogi 哈囉西荻

May 28 (Sat) – 29 (Sun)

In front of Nishi-Ogikubo Sta. and the surrounding area

The events include a parade of "Manto Mikoshi" (a portable shrine surrounded by paper lanterns) and "Walking & Stamp Rally," which attracts all generations.

5月28日(六)・29日(日)

西荻窪站前及其附近一帶

舉辦「萬燈神輿」以及關公大人・小孩齊聚的「健走&蓋章接力」等活動！



街を知り、歩みを知り、杉並の魅力再発見 すぎなみ学倶楽部

Suginamigaku Club

The official information site of Suginami City, introducing its history and culture.

杉並學俱樂部

杉並區官方資訊網站
介紹區內歷史及文化等等。



なみじゃない、杉並！

杉並区公式PRサイト

EXPERIENCE SUGINAMI TOKYO
Information on Koenji, Asagaya, Ogikubo and Nishi-Ogikubo is provided in English.

杉並區，並不一般！
介紹高圓寺・阿佐谷・荻窪・西荻窪的英文網站。



長崎

Nagasaki,

an area with a beautiful
and exotic landscape

充滿異國情懷的美麗風景

Glover
Garden

哥拉巴



Thomas Blake Glover,
who contributed to the
modernization of Japan.
對日本近代化有所貢獻的
托馬斯·布萊克·哥拉巴

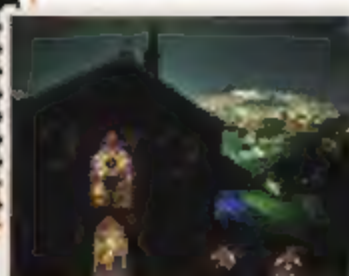


It is said that finding a
heart-shaped pavement
stone is good luck.
若能找到心型的鋪路石
就很幸運!



The Glover Residence (World Cultural Heritage) is the oldest existing wooden Western-style building in Japan, where Thomas Blake Glover, a Scottish merchant who came to Japan in 1859, lived. Glover Garden – actually a park – has eight other kinds of Western-style structures. The beautiful garden is always filled with seasonal flowers, and visitors can enjoy a magnificent view overlooking Nagasaki Bay. *Audio guide in foreign languages available (Japanese, English, Chinese, and Korean).

舊哥拉巴住宅(被列入世界文化遺產)是蘇格蘭商人哥拉巴1859年來日本居住的舊宅。這是日本現存最古老的木造西式建築。除此之外，還有8棟西式建築留存下來。園區的花朵四季會呈現不同的風情，亦可眺望長崎港，享受這美好的景色。※這裡提供語音導覽(包括日文、英文、中文和韓文)

Oura Catholic
Church
大浦天主堂

Since Nagasaki had a link with European countries, there were many people who secretly held to Christian faith. After the ban against Christianity was lifted, many churches were constructed, resulting in over 130 churches in Nagasaki Prefecture. Oura Catholic Church (National Treasure) is representative of the group of churches in Nagasaki. It is Japan's oldest existing church building, which was built by the efforts of two French priests in 1664.

與歐洲有往來的長崎地區，即使在基督教被禁止的時代，也有許多人偷偷地信仰著。在解除禁教令之後，建造了許多教堂，在長崎縣內現有超過130座教堂。

代表長崎教堂群的大浦天主堂(國寶)是1664年來日本的法國神父建造，被認定是日本現存最古老的教堂建築。

Taking and posting of photos is permitted by the archdiocese. 拍照及刊登均獲得大主教區的許可。

Nagasaki was the only place where trade with Holland was permitted during the Edo Period, from the 17th century to the mid-19th century, due to the national isolation policy. With that history, Nagasaki has a very unique landscape influenced by a fusion of European and East Asian cultures. Since the mid-19th century, the city has been a pioneer of modernization in both industry and thought in Japan. Several historic sites in Nagasaki have been registered on the list of UNESCO's World Cultural Heritage in 2015, as part of "Sites of Japan's Meiji Industrial Revolution."

17世紀到19世紀中期，長崎是日本在江戶時代唯一獲准與荷蘭進行貿易的地方。長崎的魅力在於，這種在其他地方看不到的，歐洲和東亞文化融合成獨特的文化景觀。19世紀中期起，長崎的許多產業和思想都走在時代的尖端，在2015年，多處的文化古蹟作為「明治日本的工業革命遺產」的一部分，被聯合國教科文組織世界遺產委員會登錄為世界文化遺產。

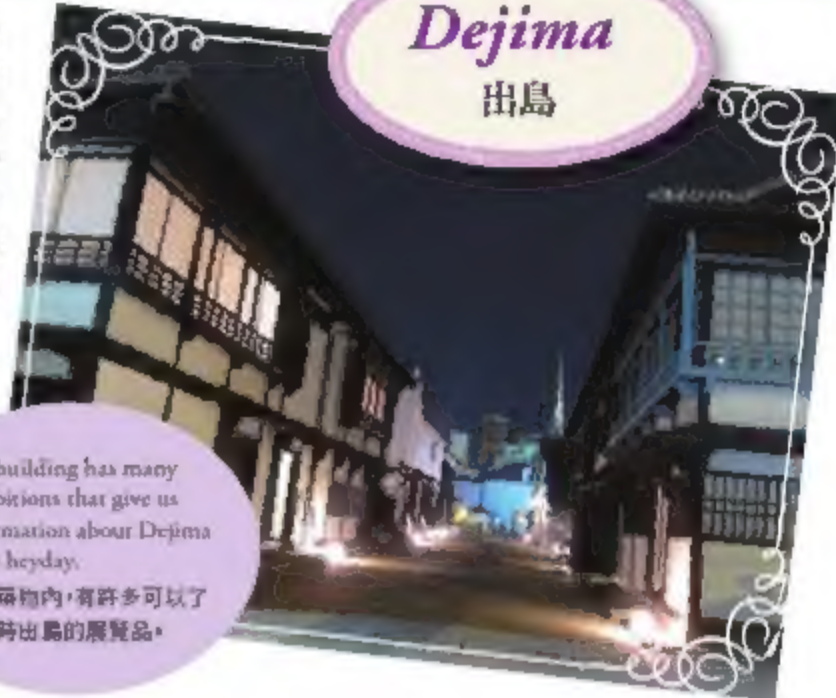
Dejima was the only place where direct trade with Holland was conducted for about 200 years during the period of isolation. The artificial island constructed in the mid-17th century is now part of the city area, connected by landfill. The streets have been restored to the original layout, allowing visitors to experience the atmosphere of by-gone days. The restoration of six buildings is scheduled to be completed by the autumn of 2016, and the restoration of Dejima Omotemon Bridge, which used to exist to connect the island and the mainland, will be completed in 2017, making this unique area more fun and attractive!

出島作為日本與荷蘭貿易的窗口大約兩百多年，是17世紀中期建造的人工島嶼，當時的出島所在地已經被填埋，呈現都市街道一體的景象。街道景色被復原，來此可以感受當時的生活風貌。預計於2016年秋季完成修復6棟建築物，並在2017年架設出島表門橋，增添新的景點。



The building has many exhibitions that give us information about Dejima in its heyday. 在建築物內，有許多可以了解當時出島的展覽品。

Dejima 出島



Nagasaki Shinchichi Chinatown 長崎新地中華街

Nagasaki Lantern Festival 長崎燈籠節



One of Japan's three biggest Chinatowns, along with those in Yokohama (Kanagawa Prefecture) and Kobe (Hyogo Prefecture), it is the oldest of all. The area is filled with Chinese restaurants and general shops.

Nagasaki Lantern Festival is held in Shinchichi Chinatown and the surrounding area from January 1 to 15 in the traditional lunar calendar (around late January to mid-February in the modern solar calendar) every year. Over 15,000 Chinese lanterns are lit during the festival, creating a mesmerizing view.

Among other festivals, Nagasaki Kunchi Festival is unique by incorporating various international cultures, including Chinese culture. The annual festival, held from October 7 to 9 at Suwa-jinja Shrine, has more than 380 years of history and tradition. Its parade features powerful performances, such as a lion dance.

這是日本最早的中華街，與橫濱中華街、神戶中華街並列為日本三大中華街。街道兩旁林立著中國餐館與中國商品店。

每年農曆1月1號到15號，會以新地中華街為中心，舉辦「長崎燈籠節」，約有一萬五千個燈籠燈飾，呈現一片夢幻景象。

另外，在每年的10月7日到9日，於諏訪神社有舉辦，以中國風情為代表，國際色彩濃厚的「長崎宮日節」。在擁有超過380年歷史的傳統祭典上，可以觀賞激動人心的表演。

Nagasaki Kunchi Festival
長崎宮日節

Peace Park 平和公園

As many should know, Nagasaki is the second place in Japan where the atomic bomb was dropped during WWII. The hypocenter area is now this peaceful park. The 9.7-meter-high symbol of the park, the Peace Statue, shows the threat of atomic weapons by the right hand and the wish for peace by the left hand, and prays for the souls of the victims of the bomb.

這裡是長崎在第二次大戰被投下原子彈的地方，原子彈落下地點的附近建蓋成了公園。高9.7公尺的平和祈念像，他的右手象徵原子彈爆炸的威脅，左手代表和平，臉部則是為戰爭犧牲者祈福之意。



Gourme Information

You can enjoy exotic foods as well
美食 a sexotic culture in Nagasaki.
 長崎的美食帶有外國風味！

Champon / Saraudon 什錦麵/血烏龍

Champon was created as a cheap and nutritious dish by a Chinese person who came to Nagasaki; it comprises noodles in soup topped with various ingredients including seafood and vegetables. *Saraudon*, an offshoot of *Champon*, is crispy deep-fried thin noodles topped with various ingredients in a thick sauce in perfect harmony.

Shikairo This restaurant is the birthplace of *Champon*.

什錦麵，是遠渡到長崎的中國人思考出的，價格便宜且營養豐富的美食，在麵條和湯汁上面淋上許多什錦配料而成。而血烏龍則是將什錦麵以不同方式呈現，勾芡創造出濃稠感，與酥脆的麵條非常協調。

四海樓 什錦麵的發源地。



Castella 長崎蛋糕

One of Nagasaki's most famous sweets came from Europe to Japan in the 16th century and then transformed into a unique Japanese-style sponge cake.

Fukusaya Established in 1624, Fukusaya has been making traditional *Castella* with its own made-by-hand process since its foundation.

16世紀從歐洲傳到這裡，再由日本人獨自改良精製，成為代表長崎的甜點。

福砂屋 1624年創立的老店，從創業的時候開始，堅持手工製作，傳承傳統的好味道。



Shippoku cuisine 卓袱料理

Many dishes based on Japanese cooking with hints of Chinese and Western cooking are placed on the table gorgeously.

Nagasaki Shippoku HAMAKATSU This restaurant offers a chance for even a single person to enjoy the full course *Shippoku*.

以日本料理為基礎，加入中國菜及西餐的元素，烹飪而成料理一盤盤一碟碟擺滿桌。長崎卓袱 濱勝 一個人也可以放心用餐。

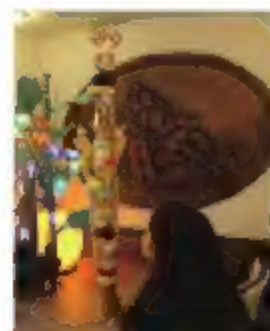


Toruko Rice 土耳其飯

You can enjoy pilaf, pork cutlet, and *Naparitan* (Japanese pasta with tomato-based sauce), all on one plate!

Café OLYMPIC This café is famous for serving gigantic parfaits over one meter tall, as well as various kinds of *Toruko Rice*.

將凱飯、日式豬排、拿坡里義大利麵等集結在同一盤裡！
奧林匹克CAFÉ 土耳其飯的種類非常豐富。店家的名產是高度超過1公尺的超大聖代塔！



If you go a little further from
 the city center area...

走出長崎市街遠參訪看



**Gunkanjima
 (Hashima Island)**

軍艦島 (端島)

Currently standing in ruins, this island used to be very active with the development of its seabed coal mine until the mid-20th century. It has been registered as a World Heritage Site. With the view of its group of high-rise buildings, it is commonly called Gunkanjima (battleship island). It is a model of an isolated island that appeared in the movie "007 Skyfall." You can join a tour that lands on the island by taking a cruise boat from Nagasaki Port (Reservation required. The tour may be canceled due to unsuitable conditions such as bad weather).

現在雖為廢墟，但在20世紀中期之前，是因採集海底煤礦而興盛的島嶼，現被登錄為世界遺產。因如同高層公寓建築排列的外型，而被俗稱為「軍艦島」。這裡也是電影《007空降危機》舞台的原型地。從長崎港可以搭船出遊，參加登島參觀行程（需要事先預約，出現天氣不佳等情形時，可能停止出航）。

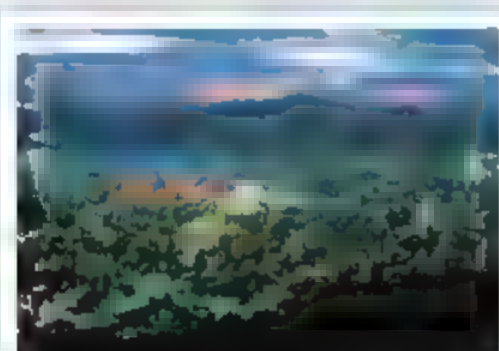
Don Quijote Hamanomachi

唐吉訶德濱町店

After traveling around the exotic town of Nagasaki, if you still have not found the perfect souvenirs for your family and friends, come visit Don Quijote Hamanomachi.

You can find a variety of popular Japanese items, such as snacks, dietary supplements, home appliances for beauty, cosmetics, stationeries, etc., all at great prices.

There are many sightseeing spots in Nagasaki City, such as the spectacles bridge (Megane-bashi), and China town. After trying some of Nagasaki's local dishes, such as *sappoku ryori* (small dishes of Western, Chinese, and Japanese foods) and *champon* ramen noodles, you can go see the night view of the city, which is considered one of the most beautiful night views in the world. All the sightseeing spots in Nagasaki City are accessible by walking. The Don Quijote Hamanomachi is open late, so please stop by and visit after you have enjoyed the beauty of Nagasaki City.



5 min walk
from Megane-bashi
and Shinchi Chinatown



We have many items that will satisfy the needs of our overseas customers. If you're tight on time you can still find everything you want. We are a tax-free shop.

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ドンキホーテ Don Quijote



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VISA

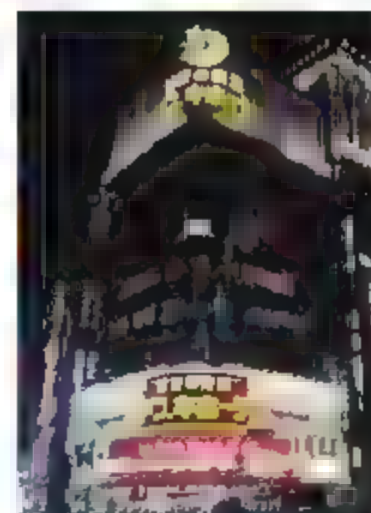


Don Quijote
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www.yokoso-world.jp

*For more information, please visit our website



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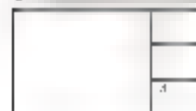
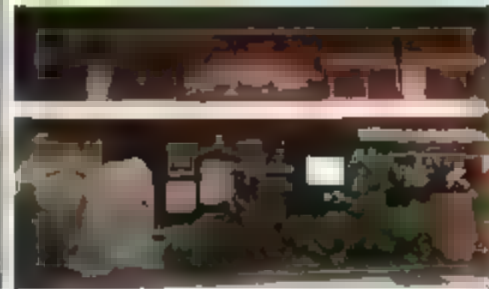
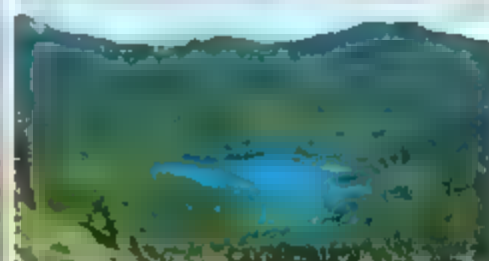
8% Tax Free
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免税店

Yudanaka Onsen 湯田中溫泉

Yudanaka Onsen is one of hot spring areas that is located in Yamanouchi Town, Shimotakada-gun, Nagano Prefecture, and was discovered 1,350 years ago. There are many Japanese style inns, which have a peaceful and relaxing atmosphere.

湯田中溫泉發現於1350年前，為長野縣下高井郡山之內町中的溫泉勝地之

街上林立著許多閒適寧靜的和風旅館



湯田中溫泉位於長野縣下高井郡山之內町，是著名的溫泉勝地。這裡有許多和風旅館，環境寧靜，是放鬆心情的理想場所。

Yudanaka Onsen is famous for its connection with Kobayashi Issa (1763-1827) who was one of the *haikai* poem masters during the Edo period. He loved this area and visited often.

According to historical records, the hot spring was found by a priest named (Nayo 智由). The hot spring water flows from the surface of the ground. This is a popular area for people who are looking to heal their bodies. There are many high quality hot springs in this area. It is considered that the name of the area Yudanaka came from a haiku read by Issa when he was so impressed to see the many gushing hot springs.

Visitors can experience different hot spring waters in the districts of Yudanaka Onsen area since each district has their own source of hot spring water. The area does not share the same source of the hot spring water. Ooyu has been used as a public bath since the Yudanaka Onsen first opened. (*Now the bath is usually closed to the public.) Regarding the hotels / accommodations in the area, traditional Japanese inns and cozy family owned Japanese inns are scattered around.

"Yumeguri Tegata" (hot spring tour tickets) allow visitors to choose three hot spring baths which belong to the Yudanaka Onsen tourist association. Visitors can also make purchases using the tour ticket at designated cafes and Japanese sweet stores. (For more information, please visit the Yudanaka Onsen tourist association's website.) Entrance fee / 600 yen for those who are staying with an affiliated hotel or Japanese inn, and 1,200 yen for a one-day visitor.

Yudanaka Shibu Onsen is a hot spring resort that has many hot spring areas and an ample supply of water. Yudanaka Onsen is one of the hot spring resort areas. Nearby Yudanaka Onsen, there are the Shiga Kogen and Kita Shiga Kogen Highlands, which hold some of Japan's most exquisite nature.

湯田中溫泉是位於山之內町，是著名的溫泉勝地。這裡有許多和風旅館，環境寧靜，是放鬆心情的理想場所。

根據歷史紀錄，溫泉是由一位名為智由的僧人發現的。溫泉的水是從地表湧出的。這裡是許多尋求身心療養的人們的熱門景點。在湯田中溫泉地區，有許多高品質的溫泉。據說，湯田中溫泉這個地名是來自於一位和歌家讀到這裡的許多湧泉後所感嘆而發出的。這裡有許多不同來源的溫泉，因此可以享受許多不同的溫泉。大湯溫泉是湯田中溫泉發現以來的共同溫泉（※現在，不對一般旅客開放）住宿設施已點綴在溫泉區，環境優雅，有溫泉旅館，或是家庭旅館，保留了傳統的小規模旅館。

各個地區皆有溫泉湧出，而非同一溫泉。因此可以享受許多不同的溫泉。大湯溫泉是湯田中溫泉發現以來的共同溫泉（※現在，不對一般旅客開放）住宿設施已點綴在溫泉區，環境優雅，有溫泉旅館，或是家庭旅館，保留了傳統的小規模旅館。

「湯田中溫泉券」除了可使用於3間湯田中溫泉觀光協會加盟的溫泉旅館外，也可使用於咖啡廳、日式甜點店、雜貨店等。詳情請參閱湯田中溫泉觀光協會官網。入會費：加盟設施住宿者 600日圓、當天入會者 1,200日圓。

湯田中溫泉鄰近自然景觀於日本數數的志賀高原支線，該高原作為泉水豐沛的湯田中溫泉勝地之一，廣為人知。

Access

Tokyo Station → Nagano Station by Hokuriku Shinkansen → Nagano Station → 45 min by the limited

Yamanouchi Station → Yudanaka Station by bus

*A time is approximate and may change depending on traffic conditions.

交通

東京站 → 長野站 約45分鐘 由北陸新幹線
長野站 → 湯田中站 約45分鐘 由有限列車

湯田中站 → 湯田中溫泉 約10分鐘 由巴士

More Info 詳細資訊

Yamanouchi Town Tourist Association / 山之內町觀光連盟
http://www.info-yamanouchi.net
TEL 0269-23-1138 FAX 0269-23-46



From Editor



The world famous Jigokudani Monkey Park, where you can see wild monkeys bathing is accessible from the Yudanaka Onsen area. To get to the park from Yudanaka Onsen, take a bus from the Yudanaka Station to the Kanbayashi Onsen and walk approximately 30 minutes. 也可從這裡前往有野生猴群沐浴的公園。由湯田中溫泉搭乘巴士至上林溫泉下車，再從溫泉步行約30分鐘。

JR EAST PASS Two Areas. Twice the fun!

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With our new promotion, the pass is now available in the "Tohoku area" or "Nagano/Nigata area" of your choice, from April 1, 2016. Why not take the journey to enjoy the true enchantment of spring? The recommended spots for cherry blossom viewing until mid-April to early May! *The above period may change depending on the actual timing of the blossoming.

2016年4月1日起，JR東日本鐵路周遊券將分為「東北地區」與「長野・新潟地區」兩款重新登場。您要不要來場遠地之旅，盡情享受美好的春天呢？最適合於4月中旬～5月上旬暢遊的賞櫻推薦景點！

Tohoku area 東北地區

A Kajo Park

Best to visit: Mid-late April

A total of 1,500 cherry trees in full blossom at the ruins of the Yamagata Castle. Visit at night to experience illuminated trees along the moats. A Grand Tea Ceremony and other events add to the delights during the peak of full blossom.

Access: About 15 minutes walk from JR Yamagata Sta.

霞城公園

賞花期：4月中旬～下旬

山形城遺跡內的1,500棵櫻樹開花，晚間照明的櫻樹景觀，最受賞。櫻花盛開時，還有茶會、音樂會、櫻花祭等活動。

交通資訊：從JR山形站步行約15分鐘

B Hirosaki Park

Best to visit: Late-April to early-May

More than 300 *somei-yoshino* (*Prunus yedoensis*) trees over a hundred years old are known for Japan's most magnificent cherry blossoms. You can celebrate and enjoy the gorgeous blossoms during the daytime at the picnic space.

Access: About 15 minutes by bus from JR Hirosaki Sta. 4-minute walk from the bus stop.

弘前公園 青森縣弘前市 賞花期：4月下旬～5月上旬

擁有300棵以上樹齡超過百年的染井吉野櫻，被稱為日本第一的櫻花。也可在野餐廣場，享受櫻花下的自然風景。

交通：從JR弘前站步行約5分鐘，距巴士站步行4分鐘

C Kitakami Tenshochi

Best to visit: Mid-April to early-May

The Tenshochi Park is Tohoku's foremost location to enjoy the extravagant cherry blossoms of about 10,000 trees. The view of the blossoms and tourist horse carriages provide the perfect moment for taking photos. Boats cruising on the Kitakami River and the sight of *koinobori* (carp-shaped windsocks) in the sky above the river are also great attractions during the cherry blossom festival.

Access: About 20 minutes walk from JR Kitakami Sta.

北上展勝地

賞花期：4月中旬～5月上旬

展勝地公園內有約1萬棵櫻花，是東北屈指一數的賞櫻名勝。觀光馬車行走於櫻花林間的景象，讓人不禁按下快門。櫻花盛開期間，可看見鯉魚旗飄揚於北上江上空。遊覽船也會隨船行駛。

交通：從JR北上站步行約20分鐘

D Yamataka Jindai Zakura

Mokuto City, Yamanashi

Best to visit: Early April

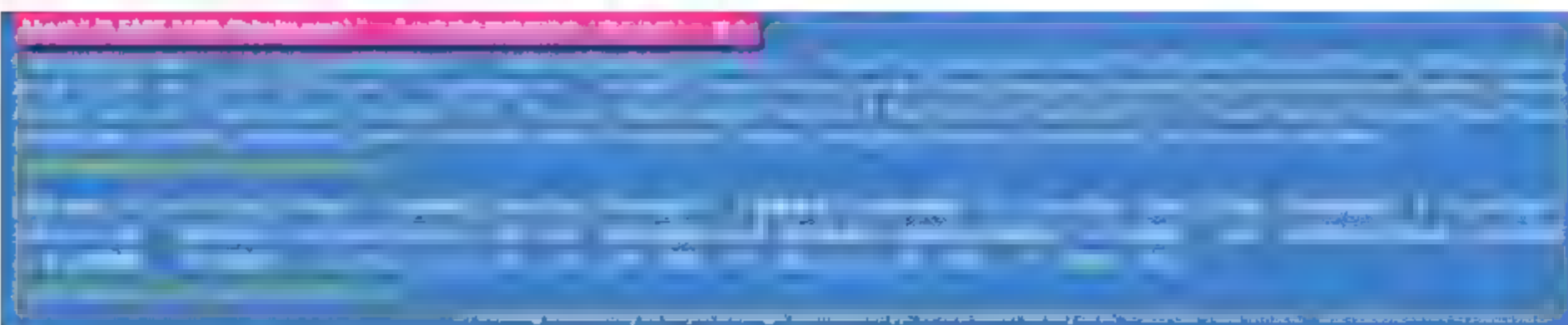
A spectacular view of cherry blossoms with one of Japan's oldest and largest *Edo-higan-sakura* (*Prunus pendula*) cherry trees, designated as a Special Natural Monument of Japan. Enjoy local cuisine at the pop-up food stalls during the peak of the blossoms.

Access: About 15 minutes by taxi from JR Hinoharu Sta.

山高神代櫻 山梨縣北杜市 賞花期：4月上旬

日本三大櫻之一，為國家指定天然紀念物。這裡日本最古老、規模最大的江戶彼岸櫻之風景是必賞絕景。滿開時期，店鋪熱鬧開張，讓您盡享當地風味。

交通：從JR日野車站搭乘計程車約15分鐘



Joyama Park

Best to visit : Mid-late April

"The cherry blossom tearoom" opening every April offers delicious food and drink. Enjoy the blossoms from a warm and cozy room instead of the cold outside. Located atop a hill, the park is also worth visiting at night to have a view of the nighttime panorama of Nagano.

Access About 10 minutes by bus from JR Nagano Sta.



長野公園

賞花期：4月中旬～下旬

在位於市中心的繁華的「賞花茶屋」，品嚐料理、小酌一番。在溫暖的小屋即可欣賞到櫻花，無須寒冷寒風。此處一處高地，夜景也不容錯過。

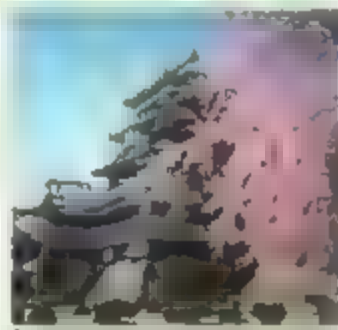
交通資訊 從JR長野站搭乘巴士約10分鐘

Matsumoto Castle, a National Treasure

Best to visit : Mid-April

The dark castle and the bright cherry blossoms create a beautiful contrast. At night, the illuminated line of cherry trees forms a sparkling corridor along the outer moats. The "Cherry Blossom Night Concert" offers Japanese classical music performances with tea ceremony *gagaku* (classical court music), *flute* and *sankyoku* (chamber music with an instrumental trio).

About 15 minutes walk from JR Matsumoto Sta.



松本城

賞花期：4月中旬

有著黑漆的城牆與瑰麗絢爛的櫻花，形成美妙的對比。晚間，外護城牆一整排的櫻樹，在照明中形成星光之迴廊。還可在「夜櫻會」中，茶會、欣賞到雅樂、橫笛、日本舞、胡弓演奏。

交通資訊 從JR松本站步行約15分鐘

Yukyuzan Park

Best to visit : Mid-late April

Around 2,500 cherry trees in full bloom color the entire park in lovely pink. Take a leisurely stroll in the spacious park and also enjoy the night view of illuminated cherry blossoms.

Access About 15 minutes by bus from JR Nagaoaka Sta.

久山公園

新潟縣長岡市

賞花期：4月中旬～下旬

以境內2500株櫻樹廣受好評，整座公園是一片粉紅色的花海，非常適合在寬廣的園區內散步。晚間也可欣賞到眩目的夜櫻。

交通資訊 從JR長岡站搭乘巴士約15分鐘

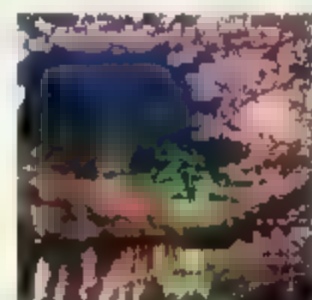


Takada Park

Best to visit : Early-mid April

Don't miss one of Japan's greatest night views of cherry blossoms. About 3,000 pretty lanterns decorate the blooms at night. There is a wide range of events celebrating the season during the "Takada Castle Cherry Blossom Viewing for One Million People".

About 20 minutes walk from Takada Sta. on the EchigoTOK meki Railway Line

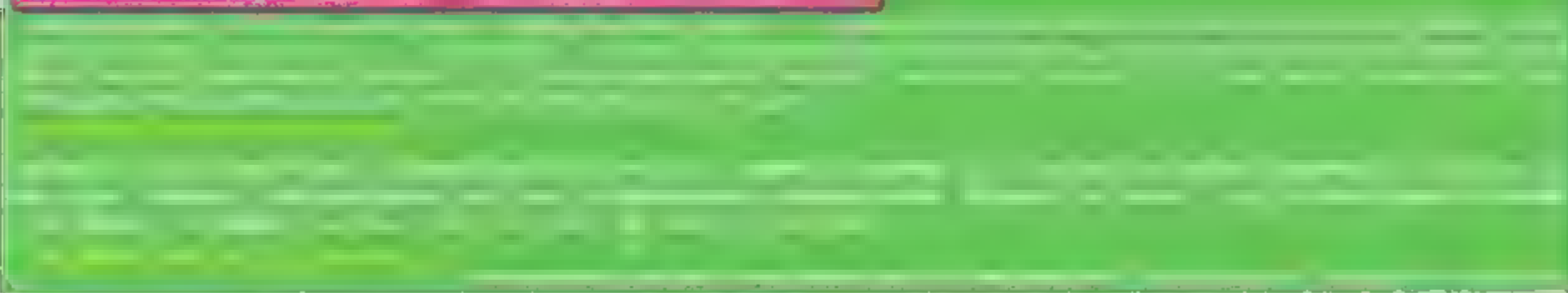


賞花期：4月上旬～中旬

日本三大夜櫻之一，約莫3000盞絢爛照映下的夜櫻是此處不可錯過的絕景。在高峰城內萬人歡櫻會期間，還將舉辦各式各樣的活動。

從越後TOK meki鐵道高田站步行約20分鐘

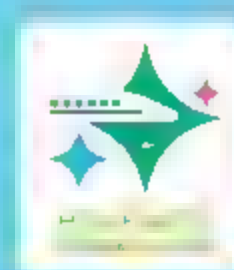
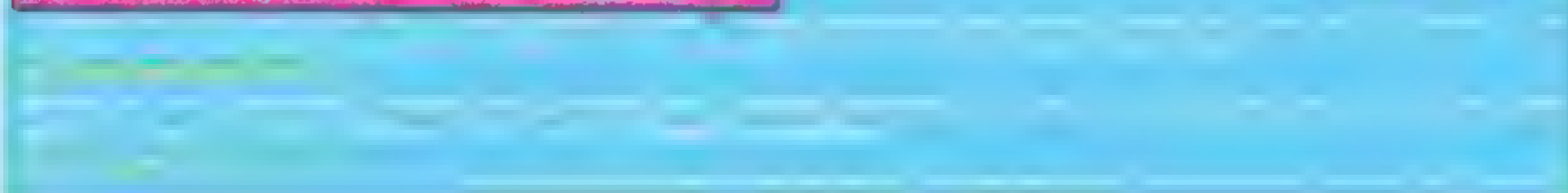
About "JR EAST PASS (Nagano-Matsumoto)"



Don't miss!



About "JR East-South Hokkaido Rail Pass"



Ryokan and hotels across Japan. Where will you stay?

Onsen (hot springs), traditional gardens, tatami rooms, and Japanese traditional meals at ryokan (Japanese-style hotels)? Or spacious rooms with high-quality bedding surrounded by picturesque landscapes at first-class resort hotels?



Hokkaido
Tohoku
Kita-Kanto
Minami-Kanto
Koshinetsu
Hokuriku
Tokai
Kinki
Chugoku
Shikoku
Kyushu/Okinawa

- Prices are based on 1 adult staying 1 night with 2 meals. Prices may vary depending on room types, the number of persons in a room, cuisine, and other variables. We recommend confirming prices when you book any accommodation. Where meals are not included in the standard rate, this is noted in the explanation of the accommodation.
- After booking by phone, we recommend confirming your reservation by fax or email.
- Cancellation fees may be charged if you cancel a reservation. Please confirm the accommodation's cancellation fees and regulations in advance.
- If you suffer from allergies or have food preferences, please inform the staff when you are booking your accommodation so that they can make preparations for your convenience.

Icon Legend

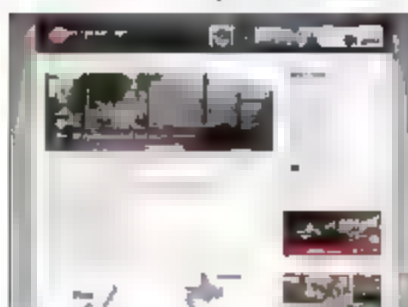
- | | |
|---------------------------------|--------------------------------|
| Credit cards accepted | Washlets (bidet-style toilets) |
| Internet available | Eating in guest rooms allowed |
| Onsen (hot springs) | Complimentary shuttle service |
| Open-air bath | Karaoke |
| Private bath | Picturesque scenery |
| Guest room with bath and toilet | Rooms for single persons |

Access to ▶▶▶

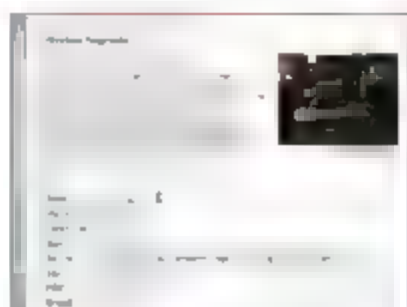
<http://www.japan-ryokan.net/>



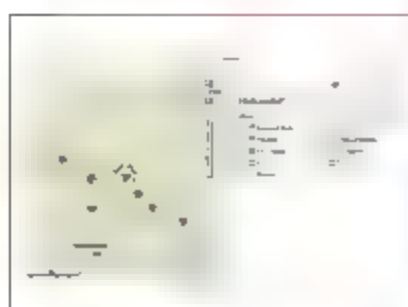
How to search ryokan & hotels



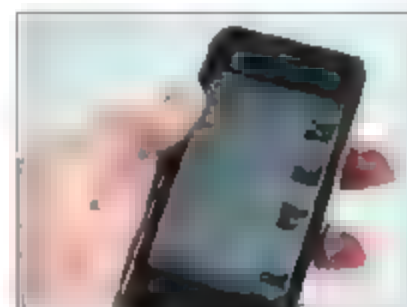
1. Access to [japan-ryokan.net](http://www.japan-ryokan.net/)



2. Check the data of each inn



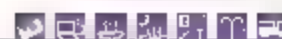
3. Very convenient English map



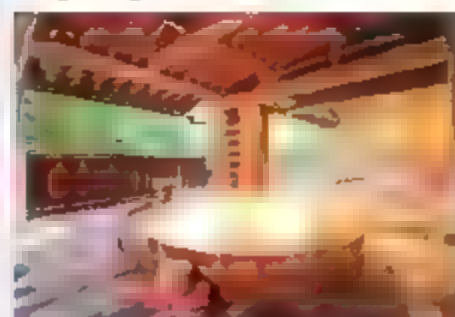
4. Access with your smartphone

Hanamaki Onsen Kashoen 花巻温泉 佳松園

HANAMAKI



Lingering memories from Kashoen



Have an unforgettable stay and enjoy an impeccable cuisine at an inn surrounded by red pines.



From Tohoku Shinkansen's Shin-Hanamaki Sta. About 20 min by car (Free of charge shuttle bus available; reservation required). Or from Tohoku Line's Hanamaki Airport Sta. about 10 min by car. Check in 15:00~ / Check out ~11:00 ¥26,000~ (per person per night with 2 meals, tax excluded)

1-125-2 Yumoto, Hanamaki City, Iwate ☎0198-37-2111

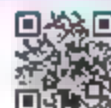
✉kashoen@hanamakionsen.co.jp

<http://www.hanamakienssen.co.jp/kashoen/>

Ryokan Sugimoto

旅館すきもと

MATSUMOTO



Enjoy freshly made buckwheat noodles



Standing on breezy highlands, Sugimoto is a traditional onsen ryokan in the Sukiya style: a simple and refined architecture inspired by tea houses. Relax in our rooms with a iof or iron fireplace, and spectacular scenery.

Enjoy our proud concoction of original dishes such as "Shinshu Beef cooked on a hot stone" that goes well with local sake. Soak in a historical open-air bath which the Imperial family in the 8th century shared and so loved.



From Chuo Line Matsumoto Station. 15 min by taxi / 20 min by bus

Check in 14:00~ / Check out ~11:00 ¥15,750~¥31,500

451-7 Satoyamabe, Matsumoto City, Nagano

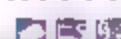
☎0263-32-3379 ☎0263-33-5830

<http://www.japan-ryokan.net/sugimoto/>

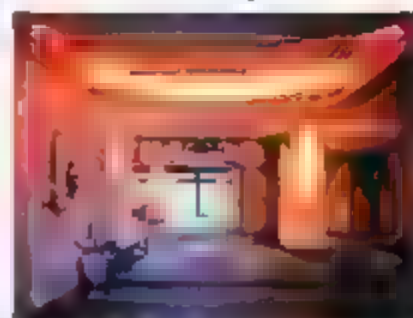
NISHIYAMA RYOKAN

NISHIYAMA RYOKAN

KYOTO



International Registered Tourist Inn



More than 2,000 visitors from around the world stay with us each year. Located in the heart of Kyoto, we are at the center of the city's major sightseeing points. Relax in our leisurely guest rooms. Western style rooms with toilet and bath also available. All the guest rooms are non-smoking. Free Wi-Fi in every room.

Check in 16:00~ /

Check out ~10:00

¥10,000~ (per person,

1 night stay without

meals, tax included.)

From Kyoto Sta., 15 min by subway to the nearest station (Kyoto-shiyakusho-mae on Tozai Line). From No.10 Exit, walk 2 blocks to the north on Gokomachi St.

2 Nijo-sagaru, Gokomachi-dori, Nakagyo-ku, Kyoto City, Kyoto

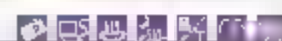
☎075-222-1166 ☎075-231-3558

<http://www.ryokan-kyoto.com/>

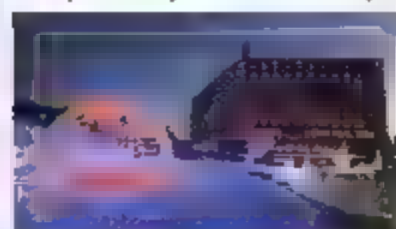
Shirahama Coganoi Resort & Spa

白浜古賀の井リゾート&スパ

SHIRAHAMA



Deep beauty: A resort to spend a day of elegance, grace and luxury



Gently stimulate your senses in a space dedicated to beauty. A floating open-air bath, an open pool & terrace, a lounge, a beauty parlor and a private light show, all designed to liberate your mind and heart. The New Nanki Resort Hotel and the New Shirahama Coganoi Resort & Spa.

From JR Shirahama Sta., 10 minutes by free shuttle bus.

From Nanki-Shirahama Airport: 10 minutes by taxi.

Check in 14:00~ / Check out ~11:00

¥16,000~¥35,000 (Tax included, per person per night with 2 meals) ☎3212-1 Shirahama-cho

Nishimuro-gun, Wakayama Pref.

☎0739-43-6000 ☎0739-43-5805

<http://www.coganoi.jp/>



SEIZAN YAMATO

青山やまと

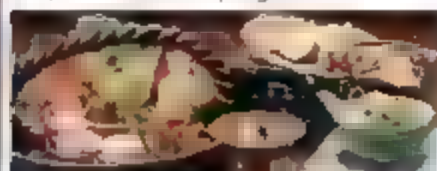
ITO



A traditional Japanese hotel nestled on a hill top overlooking the city and sea



Get away from it all and relax surrounded by nature green mountains and blue seas in the quiet ambiance of a Japanese inn. The gracious hospitality includes delicious cuisine, and natural hot springs



From Tokyo Sta. 1 hr 50 min by Tokaido Shinkansen "Kodama" (transfer at Atami Sta.) to Ito. From Ito Sta. 7 min by shuttle bus
Check in 14:00 ~ / Check out ~11:00 ¥26,070 (per person per night with 2 meals / 2 guests in 1 room / Service charge & tax included)
203 Oka, Ito City, Shizuoka ☎0557-37-3108 ✉seizan@yamatokan.co.jp

<http://www.seizanyamato.jp/en/>

SHIMODA YAMATOKAN

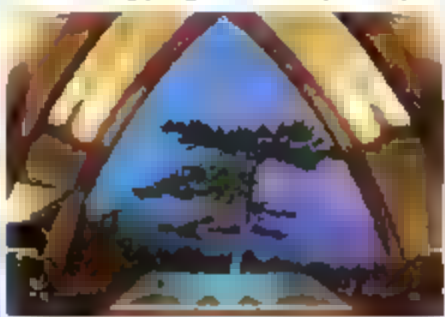
下田大和館

SHIMODA



White sand Tatado Beach stretches out invitingly right before your eyes

Our hotel is a Japanese-style ryokan with all rooms facing the sea. Meals feature fresh and delicious seafood from Shimoda Harbor. An private open-air bath commands a stunning sweeping view of the sea. From Tokyo Sta. 2 hrs 30 mins by JR express train "Odoriko". From Shimoda Sta. 5 mins by free pick-up bus.



Check in 15:00 ~ / Check out ~11:00
¥7,480~31,650 (there is a seasonal special rate)
2048 Kusama, Shimoda City, Shizuoka
☎0558-22-1000 ✉mail@shimoda-yamatokan.co.jp

<http://www.shimoda-yamatokan.co.jp/>

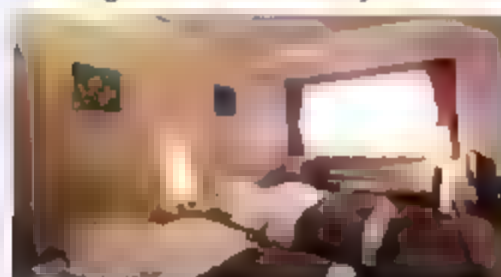
Gokasanso

五箇山荘

GOKAYAMA



Ryokan with Onsen, nearest to the World Heritage site "Gassho-style" houses



Gokasanso is a hotel located in Gokayama Onsen hot spring resort near Gokayama and well situated for visiting the World Heritage site. Every Thursday you can enjoy the kokoro dance with the oldest folk song.



From Kaminashi Bus Stop: 5 min on foot via Ohira Bridge
Check in 15:00 ~ / Check out ~10:00
¥12,030~15,270 (tax included, ¥333~1 Tamukai Nanto City, Toyama Prefecture ☎0763-66-2316 ☎0763-66-2717 ✉gokasanso@p2.tst.ne.jp

<http://www.gokasansou.com/english/>

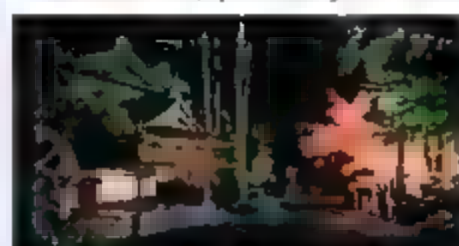
Gero Onsen Yunoshimakan

下呂温泉湯之島館

GERO



Built in 1931 on site that used to belong to the Shogun family of the time. Yunoshimakan is a Japanese-style hotel where the Emperor himself once stayed



We offer traditional kaiseki (Kyoto haute cuisine) meals using Hida beef, and a nice "Bijinnoyu" onsen hot spring. Please relax in the wooden Sukiya-zukuri style building that was constructed by skilled carpenters in the Hida region 80 years ago. This fine work of art took over 3 years to craft.



From Nagoya take JR Takayama Line train "Wide View Hida," get off at Gero-Onsen Station. Free pick-up service from the station is provided.
Check in 14:00 ~ / Check out ~11:00 ¥19,500
645 Yunoshima, Gero City, Gifu ☎0576-25-3131 ☎0576-24-1882

<http://www.yunoshimakan.co.jp/english/>

Gion HATANAKA

祇園 畑中

KYOTO



Silence in the city, tranquil atmosphere, Gion HATANAKA



Hatanaka is located close to Gion and is surrounded by ancient temples - come, unwind, relax and enjoy the abundance of peace that abounds this place. The freshest seasonal ingredients are prepared to preserve the delicacy of Kyoto's techniques of old. Enjoy Kyoto cuisine as it used to be had. Take in the variety of colors and visual appeal that beautify this wonderful presentation.



From Keihan Shijo Sta.: 10 min on foot. / From Hankyu Kawaramachi Sta.: 10 min on foot. / From JR Kyoto Sta.: 15 min by car
Check in 14:00 ~ / Check out ~11:00 ¥20,000 (tax excluded)
Yasaka Shrine Minamimonomae, Gion, Higashiyama-ku, Kyoto City Kyoto ☎075-541-5315 ☎075-551-0553

<http://www.thehatanaka.co.jp/english/>

Ryokan Motonago

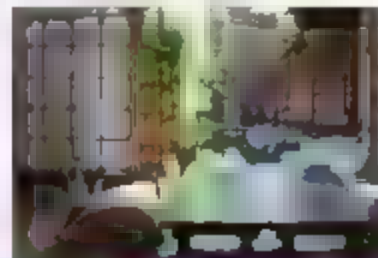
東本願寺

KYOTO



With Kyoto flavor and a homy feeling

11 easy guest rooms with wooden scent and a tatami feel. Enjoy Kyoto cuisine in your room. Easily accessible to historic scenes on foot, such as a World Heritage site "Kiyomizu-dera Temple," finest showplaces in Higashiyama area "Kodaiji Temple" and "Nene-no-michi street," "Maruyama Park," "Yasaka Jinja Shrine," or the famous Maikos town "Gion."



1 From Kyoto Sta.: 15 min by taxi
2 From Kyoto Sta. Central Exit bus stop D2: take #206 bus, From Gion stop: 5 min on foot
Check in 16:00 ~ / Check out ~10:00
¥15,750~22,050
511 Washio-cho, Kodaiji-michi, Higashiyama-ku, Kyoto City, Kyoto ☎075-561-2087 ☎075-561-2655

<http://www.motonago.com/en/top.html>

Kusatsu Onsen is known as Japan's most productive hot spring

32,300L of waters per minute! 毎分約3万2300公升以上の温泉湧出

The Kusatsu Onsen's landmark, Yubatake

Experience Yumomi!

KUSATSU ONSEN

Routes from Tokyo to Kusatsu Onsen
東京から草津温泉の交通

Route1 Limited Express "Kusatsu" Bus
Ueno ~~~~~ Naganohara-Kusa ~~~~~ Kusatsu
2 h 30 min ~~~~~ Tsuguchi Station 25 min Onsen

Route2 Shinkansen Bus
Tokyo ~~~~~ Karuizawa ~~~~~ Kusatsu Onsen
1 h 2 min ~~~~~ 1 h 16 min ~ 55 min

Route3 JR Expressway Bus
Shinjuku ~~~~~ Kusatsu Onsen about 4 h

<http://www.kusatsu-onsen.ne.jp/>

Sunset in Aguni Island

粟國島的夕陽

Photographic Series of Okinawa Vol.2

by Ryoma Kato JAPAN editorial group

沖繩攝影系列(2) 粟國島

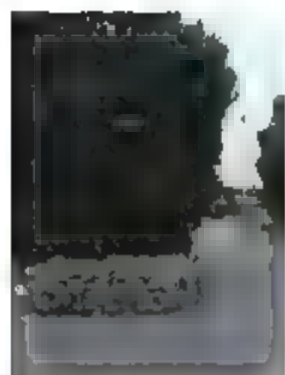
Aguni Island

栗國島

Naha
那霸

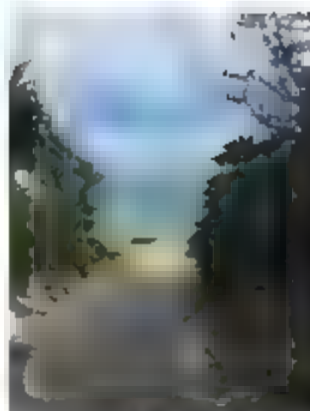
Do you remember the last time you saw a beautiful sunset? Do you have favorite places to see the sunset? There are many places famous for the sunset in Japan and Aguni Island in Okinawa is among them.

您最近一次欣賞到美麗夕陽的風光，是在哪裡呢？又是在什麼時候呢？您是否有喜歡的觀賞日落的景點呢？在日本，雖然能欣賞到夕陽美景無限好的景點不勝枚舉，但對我而言，沖繩粟國島的夕陽餘暉，才是讓我無法忘懷的夕陽景色之一。



Street lined with fukugi trees
common garcinia

福木街道



Jigu beach じぐビーチ

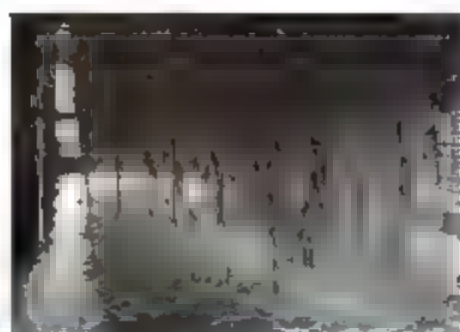


You can experience dyeing using fukugi and other plants at Fukugiya. Views from the studio are outstanding.

*可在福土屋中，體驗用福木等植物染色。
*色・從工廠裏面出來的東西非常美。

Natural drying room using bamboo at the salt factory

鹽廠 使用竹子自然乾燥室



For a movie of the sunset, go to

※ 夕陽電影觀賞



The sun is setting between Kume and Tonaki islands

※ 久米島與多納基島間夕陽

As the sun is setting over the sea horizon, the sky glows orange; the only sound is a quiet wave sound. Finally, the sun sets between distant Tonaki and Kume islands, and the sky and ocean start to darken. The symphony created by nature continues for about 30 minutes. This for me was a time that I enjoyed a comforting feeling from the beauty of nature.

Aguni Island is a small island with a 12-km circumference about 60 km northwest of Okinawa's main island. It is a place where the movie "Nabbie's Love" was filmed and also famous for its natural salt "Aguni salt." Tera is a limestone cave and considered to be a sacred place. Visiting a salt factory, walking along the beach, and touring around the island are enjoyable during daytime. You may see wild goats when strolling. If you want a healing and peaceful time, Aguni Island is a place where you should visit.

當日暮低垂沒入天際，橘紅色的紅霞緩緩地雲集於天空。波聲拍打聲響徹於靜謐之中，夕陽落在遙遠的基名喜島及久米島之間，深藍色的薄暮蔓延至天空與大海上。我一直眺望欣賞著長達30分鐘左右。那是一段被大自然之美，深深療癒心靈的珍貴時刻。

粟國島位於沖繩本島北西側約60公里處的粟國島，是一座海岸線約為12公里的小島。電影「Nabbie之戀」就是在這座島嶼拍攝的。天然鹽的「粟國之鹽」相當聞名。洞寺（Tera）為鐘乳洞，是一處神聖的地方。建議您不妨於白天參觀鹽廠、在海邊散步，逛逛小島享受一番。在您散步途中，或許能突然偶遇野生山羊也說不一定。這是一處充滿療癒感、悠閒簡樸氣氛的島嶼。

Nabbie's house with red tile roofs Nabbie's house 那霸在沖繩縣

Access 交通

(Naha Toman Port, Okinawa's main island) → 2 h by ferry → Aguni Port

*First Flying (plane) is not temporarily operated.

※沖繩本島至該島目前無定期航班。

※第一飛行 螺旋飛機 目前停飛

More info 詳細資訊

Aguni Village Tourism Association

電話：098-983-1111

<http://aguni-kankou.jp/>

Tempura Bento

Tempura Boxed Lunch

天ぷら弁当



Ingredients (for 1 person)

Tempura Batter

Flour mixture (A)*

150 g wheat flour
(Weak flour is recommended)
50 g cornstarch

Water mixture (B)**

100 ml iced water
50 ml beer**
1 egg (150 g)
Salt to taste

1 tbsp mayonnaise

*A to B ratio = 1:1

**Use water in place of sake for an alcohol-free alternative.

Oil

Fish and Vegetables

Eggplant
Shrimp
Freshwater smelt
Shitake mushrooms
Fresh green (chili) pepper

Asparagus

Tempura Sauce (C)

150 ml soup broth
(or powdered broth in water)
2 tbsp (30 ml) soy sauce
1 tbsp (15 ml) mirin
1 tbsp (15 ml) sake
1 tsp (5 ml) sugar

Rice

Bento with crispy tempura is very delicious!

Cooking Directions

- 1. Tempura batter** Mix the flour and cornstarch (A) in a bowl. Stir the chilled water with the beer and egg, and then add the mayonnaise. Slowly pour (B) into the flour mixture (A) and whisk gently without creating a heavy foam. Do not over-whisk as this causes the gluten in the flour to harden.
- 2. Preparing the ingredients** Peel the outer shell off the shrimp, and a shallow cut along the back of the body and remove the innards. On the underside, make shallow, angled cuts along the body. Lightly press down the joints to create long, flat shrimp meat pieces. Cut the eggplant, mushrooms and asparagus into bite-size pieces. Poke a small hole in the green chili pepper.
- 3. Tempura sauce** Place ingredients (C) in a pan and bring to a boil.
- 4. Deep-frying** Prepare vegetable oil for deep-frying. Add 10% sesame oil to improve the flavor (optional). Heat the oil until it reaches between 180 degrees C and 190 degrees C. Coat the ingredients (2) using the flour mixture and shake off any excess. Dip them one by one into the batter (1) and deep fry in the hot oil. Fry the fish and shrimp first and the vegetables last. **Ingredients that require longer to cook should be fried first.** Do not overcrowd the frying pan.
- 5. Decorating the bento** Pack the rice in the bento box, decoratively add the tempura on top, drizzle with sauce (3), and serve.

Japanese Liquid Measures:

1 cup 200 ml 6.76 fl oz
1 tablespoon = 15 ml 0.5 fl oz
1 teaspoon 5 ml 0.16 fl oz



high heat



medium heat



low heat

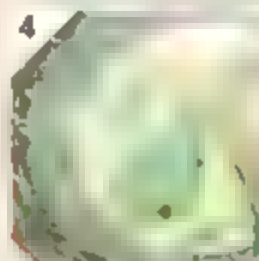
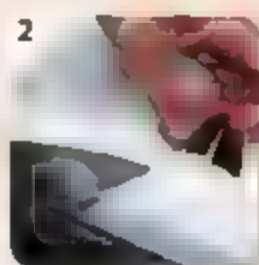
Chef's Advice

Adding beer is to reduce gluten, and adding ice is to reduce gluten and make the batter thin. Roughly whisking is the key for making delicious tempura. Slowly deep-frying makes the tempura crispy. Reducing moisture in the ingredients is important.

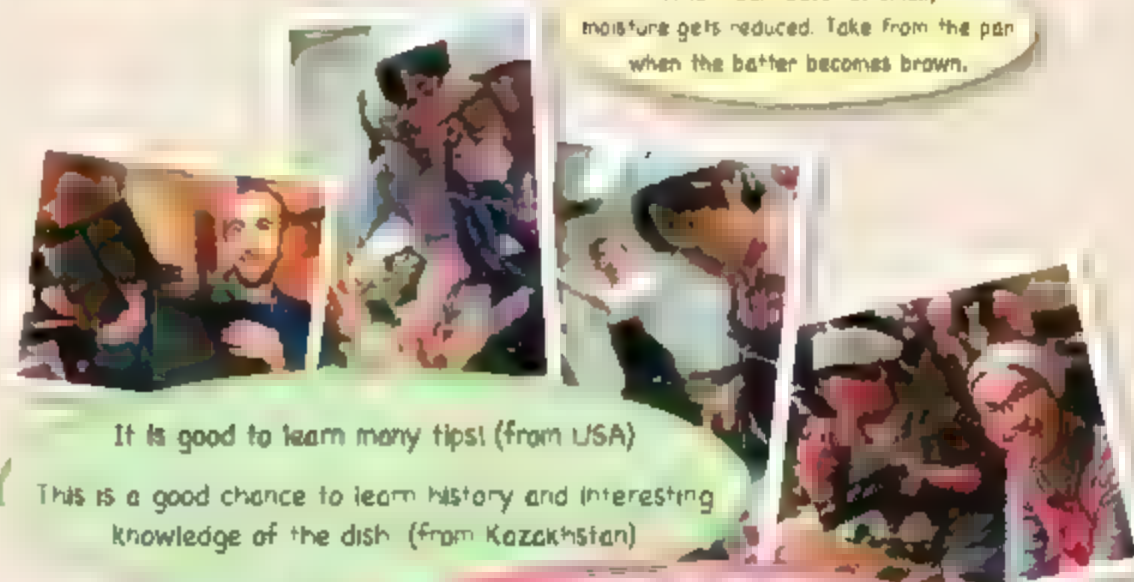
Qu'il Nous Tente

Tel: 03-6303-3796

Ad: 2-18-12 Kami-Meguro, Meguro-ku, Tokyo



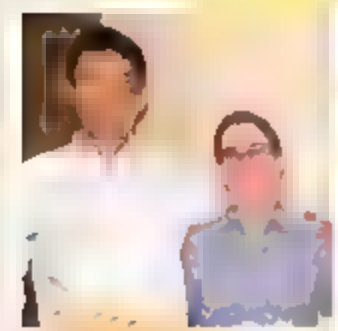
When foam becomes small, moisture gets reduced. Take from the pan when the batter becomes brown.



It is good to learn many tips! (from USA)

This is a good chance to learn history and interesting knowledge of the dish (from Kazakhstan)

Very good! I was impressed with the atmosphere of the restaurant (from Taiwan)
I've never thought tempura is so delicate a dish. (from Taiwan)

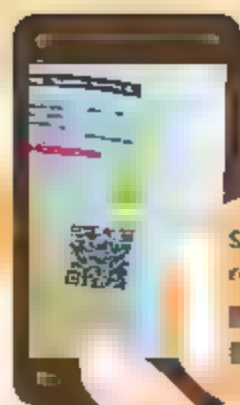


For the detailed directions, see
<http://www.att-japan.net/en/rec/pe/dsh?code:EK000047>

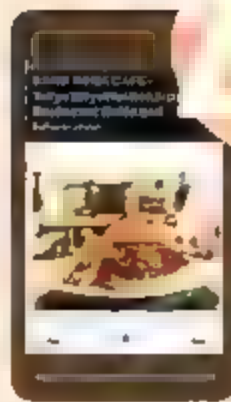


Would you like to join our att Kitchen? ↑

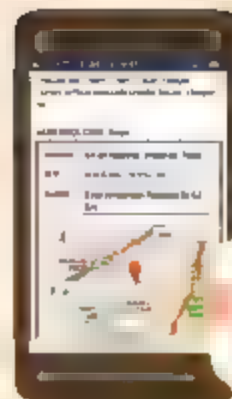
If you want to know details of restaurants in these pages, 想知道更多刊登的餐廳詳情



Scan QR code of each restaurant with your phone.



Access each restaurant's site 進入詳細介紹餐廳的頁面



Easily go there using the English map! 請參考地圖前往

att. Restaurant

Scan QR code on the right side for more information on restaurants in English!
www.att-japan.net/en/restaurant/

請掃描右邊 QR 碼獲得更多中文餐廳資訊!
www.att-japan.net/tc/restaurant/



If you don't have QR code app, you can download for free 若您沒有安裝 QR 碼掃描軟體，可以免費下載喔！

ICHIRAN Asakusa

Tourist's Top Ramen Shop

SHOP INFO
1K Asakusa Bldg. 1F
Asakusa, Taito-ku, Tokyo
Tel: 03-5674-8847
<http://www.ichiran.co.jp/english>

Group Photo: Popular Restaurant in Japan ranked by Tourist

P33-MAP6-2

GRAND CENTRAL OYSTER BAR-RESTAURANT

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P33-MAP9-2

Gottsui was founded in 1991

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P34-MAP4-4

TONY ROMA'S
RIBS - SEAFOOD - STEAKS
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Lunch: Mon-Fri 11:30-15:00
Sat, Sun & Hol 12:00-14:00
Dinner: Mon-Fri 17:00-23:30
Sat, Sun & Hol 14:30-23:30

P34-MAP4-2

巨牛荘
Kyogyu-so
Stylish Yakiniku Restaurant
in Roppongi



The mouthwatering beef tongue, sliced meat and Master Chef Yozu Sakurai's "Pukogi" (thinly sliced tender beef marinated in our special sauce) are offered here. A taste you can experience only at Kyogyu-so!

5-7-8 Roppongi, Minato-ku,
3 mins walk from Roppongi Sta.
Tel: 03-3423-1171

P34-MAP4-3

Those of you who have seen these movies will have recollection of scenes through our interior design and performances, and those of you who haven't can also enjoy our delicious food and delightful service!



BUENA GUMP
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Tel: 03-3868-7041

att. Restaurant



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Honten Main Shop



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4 樓樓下 2 樓 3 樓 4 樓 5 樓
滿座 隨時 預約 歡迎 光臨

TEL 03-384-6314
2-1-29 Komagata, Ta-to-ku, Tokyo
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Unagi Komagata Maekawa
Shin-Marunouchi Bldg. Branch



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提供西洋風器皿の老舗 鰻魚料理
空間 開放 大
層 樓 為 您 提供 舒適 的 美食 空間

TEL 03-3211-7017
1-5-1 Marunouchi, Chiyoda-ku, Tokyo
11:00-23:00 depends on the day of week

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TOKYO SKYTREETOWN /
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Enjoy the delicious dish endorsed by a 200-year history on the 7th floor of TOKYO Solamachi

在東京晴空塔城之東京
晴空塔 樓下 2 樓 3 樓 4 樓
20 年來的老店 預約 光臨

TEL 03-56-0-3099
1-1-2 Oshiage, Sumida-ku, Tokyo
11:00-23:00

HONTEN: P33-MAP6-1, SHIN-MARUNOUCHI BLDG. BRANCH: P33-MAP9-1

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TOKYO-ROPPONGI: P34-MAP4-1, TOKYO-UYENO-EKI: P33-MAP8-1, YOKOHAMA: P32-MAP17-1



Traditional Food and Drinking Culture of Kansai, Some of It Almost Forgotten



We started off at Imanishi Honten, a Nara-zuke factory in Nara Prefecture. Highly recommended for those who want a detailed explanation of how these famous *tsukemono*, a.k.a Japanese pickles, are made. The owner of this shop remains one of the few who don't cut any corners with *Nara-zuke*, which are now 99 percent produced by large companies, outsourced to places as far-reaching as Indonesia.

We also visited Kawashima Brewery in Shiga Prefecture. Getting an in-depth look at the mysterious process of handmade sake making was a stimulating experience, but it was saddening to hear from the owner that the number of sake producers in Japan has fallen from 3,000 to 1,300 due to the disappearance of the natural environments necessary for sake brewing, and the migration of the Japanese population towards cheap alcohols.

During these five days, we ate at many highly regarded restaurants in the Kansai area, but the standout meal of the trip was at Kogetsu, a restaurant in the small town of Kusatsu in Shiga Prefecture. This isolated establishment has managed to fully book its lunch reservations until the end of 2017, and if you eat there you will understand why. Our meal featured many courses, all of which paired incredibly well with the sake on offer. The teriyaki eel topped with edible leaves and accompanied by mashed *gobo* puree left the strongest impression, but the half cooked rice topped with half cooked soy sauce, white miso potato potage and garlic marinated sashimi held their own as well.

Kogetsu is a rare success story, but many of the great food and drinking experiences available in this area may not be available much longer, if we continue to refuse to look further than convenience stores for our eating and drinking needs. These places need your support!

想永久傳承： 關西的傳統飲食與酒文化

首先，我來到了奈良縣西奈良市的店——今西本店。如想了解這種著名的傳統醃菜是如何製作而成，建議您前來拜訪。這間店至今仍持續製作著工藝時的古早味奈良漬。現在有 99% 的奈良漬是由大規模製造商生產，最後外銷至印尼。據說，現在幾乎已經沒有其他店家，與今西本店一樣採用手工製作。

在志智野的川島酒造能夠詳細地看到所有製酒的神祕工程，這令我相當興奮。聽老闆說「釀酒廠已從以前的 3,000 座減至 1,300 座了。因為釀酒所需的自然環境消失，日本人也開始喜歡喝便宜的酒。」這令我感到有點難過。

這五天中，我曾到關西地區的名店用餐，但位於志智野的小鎮，草津的「康月」令我特別無法忘懷。雖然這間店位於郊區，但已接到許多午餐預約，目前已登記至 2017 年底。品嚐過後，令我心服口服。店家端出了許多料理，每一道都與日本酒非常相配。照燒鰻魚佐食用藥膳牛蒡泥堪稱極品，淋上半釀造醬油的五分炊粥、白味噌馬鈴薯濃湯及蒜香生魚片也相當美味。

如果，我們以便利商店的食物隨意解決一餐，或許有一天，這個地區美妙的飲食文化就會消失。也許對於我們而言，前往這些地方，用心品嚐這些美食，便為保留這份文化盡「綿薄之力」。



Useful Japanese phrases 常用日語短句

In daily life

Hello,
Excuse me, / I'm sorry.
Thank you.
No problem.
Good bye.

あいさつ、生活で

こんにちは
すみません
ありがとう
大丈夫
さようなら

Konnichiwa
Sumimasen
Arigatou
Daijoubu
Sayounara

日常生活

你好
請問／對不起
謝謝
沒問題
再見

In town

Where is (the toilet)?
Where am I?
I don't know. / understand.
What time is it now?
Exchanging, please

街で

(トイレ)は、どこですか?
ここはどこですか?
わかりません
今何時ですか?
両替をお願いします

(Toire) wa Doko-desuka?
Koko wa Doko-desuka?
Wakarimasen.
Ima nanji desuka?
Ryougae Onegai shimasu.

在街上

(廁所)在哪裡?
我在哪裡?
我不知道
現在幾點?
請換成零錢

on transportation

Is this (train/bus) going to...?
(the number of) tickets, please
Where is the train / bus departing from?
How much time will it take to get to...?

交通

～に行きますか?
～枚ください
どこから発車しますか?
～まで何分かかりますか?

ni ikimasuka?
mai kudasai
Doko kara Hassha shimasuka?
made nan-fun kakarimasuka?

交通

這是到...去的車嗎?
請給我(數量)張票
車從哪裡出發呢?
到...需要多長時間呢?

on shopping

I'll buy this
How much (is this)?
Do you have...?
It's too expensive, I don't need it.

買い物

これをください
(これは)いくらですか?
～はありますか?
高すぎます、いりません

kore wo kudasai
(kore wa) ikura desuka?
wa arimasuka?
Taka sugimasu, irimasen.

買東西

我要買這個
(這個)多少錢?
這裡有...嗎?
太貴了,我不買了

at restaurants

Would you give us the menu?
Do you have any recommended dishes?
May I have the check, please.

レストラン

メニューを見せてください
おすすめはありますか?
お会計をお願いします

Menyu wo misete kudasai
Osusume wa arimasuka?
Okaikei Onegaishimasu

在餐廳

請給我們菜單
這裡有什麼推薦菜品嗎?
請結帳

on emergency

Help!
I don't understand Japanese.
Take me to hospital!
Call the police!

困った時

たすけて
日本語わかりません
病院に連れて行って!
警察を呼んで!

Tasukete!
Nihongo wakarimasen
Byouin ni tsurete itte!
Keisatsu wo yonde!

緊急時

救命!
我不會講日語
請帶我去醫院!
請叫警察!

Enjoy Art and Antiques in Tokyo 在東京品味藝術&骨董

The Kyobashi and Nihombashi area in Tokyo is rich in art, with about 150 specialty stores selling a wide variety of artworks, including antiques, crafts, Japanese-style paintings, modern paintings, sculptures, and woodblock prints.
東京的京橋與日本橋一帶,是集結了古美術、工藝、日本畫、近代繪畫、雕刻、版畫等約150家專業店鋪的藝術聚集地。

Tokyo Art & Antiques 2016: The Nihombashi/Kyobashi Art Festival will be held for three days, from April 14 to 16.
4月14日~16日三天期間,將有「東京藝術骨董2016」~日本橋、京橋美術祭~在此舉行。



Red flag, a sign of participated shops
紅色旗為參與店鋪的標誌



Photo of gallery talk
藝博館內交流的情況

Unlike typical art exhibitions where you only view works through a glass shield, you can enjoy artworks by touching and taking them in your hands. You may also meet some artists and art shop owners. Enjoy art in a close and familiar way.
這裡與透過玻璃遙賞美術品的美術館不同,您可實際拿在手上,觸摸感受。也有機會與店主或作家進行交流,一起前來近距離享受藝術的樂趣吧。



The festival is one of the largest art festivals in Japan, with 80 stores participating. You can purchase artworks for reasonable prices.
日本最大規模,80家店鋪參與!還能以經濟實惠的價格購買美術品。

For more information, see
詳情請參考
<http://www.tokyoartantiques.com/en/>



RAILWAY

Japan is covered in a rail network that reaches to almost every corner of the archipelago. Most are owned and run by the Japan Railway (JR) system and the world famous "Shinkansen" bullet train is of course one of the fastest and most enjoyable forms of land transport anywhere – the distance between Tokyo and Osaka being covered in just 2 hours 30 minutes on the fastest line.

日本的鐵路網相當發達，從日本國內到各處幾乎利用鐵路可到達。主要有JR (Japan Railway Co., Ltd. 日本旅客鐵路，運行著在這當中藉由世界上也很有名的「新幹線」之移動，一定會是日本旅行中最印象深刻的活動之一。東京到大阪間最快為2小時30分鐘。

Japan Rail Pass

Japan Rail Pass allows you to use the whole JR system (including the Shinkansen) but is only sold outside Japan. 29,110 yen gets you a full 7 day ticket (adults).

JAPAN RAIL PASS (日本鐵路周遊券，是可用包含新幹線的日本全國的JR。只有在日本國外才有販賣，一名成人7天為29,110日圓。

Type/類型	Green/綠冠		Ordinary/普通冠	
Durations/期間	Adult/成人	Child/兒童	Adult/成人	Child/兒童
7-day/7天	38,880 YEN	19,440 YEN	29,110 YEN	14,550 YEN
14-day/14天	62,950 YEN	31,470 YEN	46,390 YEN	23,190 YEN
21-day/21天	81,870 YEN	40,930 YEN	59,350 YEN	29,670 YEN

For more info, check the Japan Rail Pass website.

詳情請看 JAPAN RAIL PASS 的網站

www.japanrailpass.net

Bus 巴士

Long-distance buses in Japan are run by numerous companies including JR. Buses are generally more economic than traveling by plane or train but do take longer and can be affected by traffic jams at busy times of the day or night.

Local buses run all over Japan as well as in the major cities and sometimes English instructions or stop announcements are used but this is not the case everywhere. We would recommend you ask drivers to remind you of where you must disembark prior to setting off.

包含JR，有許多公司提供長距離巴士的運行。一般來說比藉由飛機和鐵路的旅行較具經濟性，但是所花的時間比較長，也較容易受交通阻塞的影響。

主要的都市、城鎮可利用公車線路。最近雖然英語的表示和廣播也逐漸增加，但是為了確實地到達目的地，建議您事先拜託駕駛員，請駕駛員到達目的地時通知一下。

Taxi 計程車

Japanese taxis can be found at the exit to every train station in the country or alternatively hailed on the streets. The red sign visible through the windshield of the car "空車" (kusha) means it is vacant and available for hire but when the sign reads "貸走" (chinsō), it is unavailable. The back door on the left side will open and close automatically so be careful not to stand too close! (All the other doors are operated manually). Rates vary depending on the taxi company but usually start at a fixed rate of 730 yen (in Tokyo) for the first two kilometers. The rate system is shown inside the taxi and receipts can be issued. In urban areas, you can usually pay by credit card for a taxi. If credit cards are accepted, a taxi has a sticker showing this on the window.

除了可搭乘等候在車站前的計程車外，在路上也可叫到計程車。計程車能不能搭乘，可藉由車窗前部分的表示來判斷。顯示「空車」的時候，表示無人乘坐，可搭乘。出現「借走」時，表示已經有別的乘客搭乘了，車子左後方的車門會自動打開與關閉，所以要注意一下不要靠得太近被車門碰到。其他的車門用手打開與關閉。車費標榜計程車公司而有所不同，但是一般起跳730日圓，最初的2公里，車資的轉帳告示在車內裡，也可拿到收據。在都市裡很多計程車可以用信用卡支付，可使用信用卡支付的計程車在窗上貼有標示。

Transportation Information 交通諮詢

Japan Railways (JR East)/JR東日本諮詢專線 050-2016-1603
Tokyo Metro / 東京Metro 0120-104106
Keisei Electric Railway / 京成電鐵 03-3831-0131
Limousine Bus / 利木津巴士 03-3665-7220
Keisei Bus / 京成巴士 047-712-7400

In big cities, such as Tokyo and Osaka, the under and over ground train system is well organized and highly efficient accessing any and all parts of the cities. To avoid wasting time lining up for tickets and working out how to use the machines in different stations, it is highly recommended to purchase pre-paid cards.

在東京、大阪等大都市的交通系統被充分的整備。如果使用電車或是地下鐵的話可到達任何地方。如果不想浪費為了購買車票而排隊的時間，建議您利用預付卡。

Transportation Cards/Useful Tickets 劃算的交通卡

If planning to stay in Japan for a longer period why not try using IC cards? (500 yen deposit returned when returning the card). Simply touch the card on a rectangular pad beside the ticket gate and the fare used is automatically deducted from

the value of the card. In Tokyo the cards are known as Suica or PASMO and are accepted on JR lines, subways and most other railways and buses.

Tokyo One-Day Free Ticket (Tokyo Free Kippu) (東京フリーきっぷ) is available for use on JR lines (inside Tokyo's 23 cities), subways, and the Toei Bus service for one whole day ending at midnight at a charge of 1,590 yen.

Tokyo Subway Ticket is available for use on Tokyo Metro and Toei Metro subway lines. Prices for adults are 800 yen (1 day), 1,200 yen (2 days), and 1,500 yen (3 days).

JR Kanto Area Pass is to be upgraded to JR TOKYO Wide Pass from December 19, 2015. The new pass is valid for three days and good for unlimited rides using reserved seats on ordinary cars on Shinkansen and express trains in the Kanto area. The service is now extended to Echigo-Yuzawa Station and GALA Yuzawa Station. Prices are 10,000 yen (Adults), and 5,000 yen (Children).

如果預定在日本逗留一些時間的話，不妨試試看IC卡吧！購入時要付500日圓的保證金，將卡歸還時，保證金會退還給您。在剪票機旁的讀取機上觸摸一下，運費會從卡上自動被扣取。在東京地區Suica和PASMO兩者除了JR線、地下鐵，其他大部分的私鐵之類，也可搭乘巴士。

如果都內及近郊一日遊搭乘 Tokyo Free Kippu 的話，可在一天內無限利用乘坐JR（東京23區內）及地下鐵、都營巴士，一張票1,590日圓。

●京地鐵通票可以利用東京地鐵及都營地鐵各線線路，成人一日票800日圓，二日票1,200日圓，三日票1,500日圓。

於2015年12月19日開始，JR關東地區通票 JR Kanto Area Pass 將全新改為 JR 東京廣域周遊券 JR TOKYO Wide Pass，除了能在3天內不限次數搭乘關東地區的新幹線、特快列車的指定座席之外，還把適用範圍擴大到越後湯澤站、GALA湯澤站，價格為成人10,000日圓，兒童5,000日圓。

Getting Around in Osaka/關西的交通

Transportation Cards/Useful Tickets 劃算的交通卡

In the Kansai (Osaka) area ICOCA or PiTaPa is available. IC cards similar to Suica / PASMO.

Kansai Area Pass is valid for unlimited travel using ordinary non-reserved seats of JR-WEST local and rapid trains in the defined "Free Area." Prices for adults are 2,300 yen (1-day), 4,500 yen (2-days), 5,500 yen (3-days), and 6,500 yen (4-

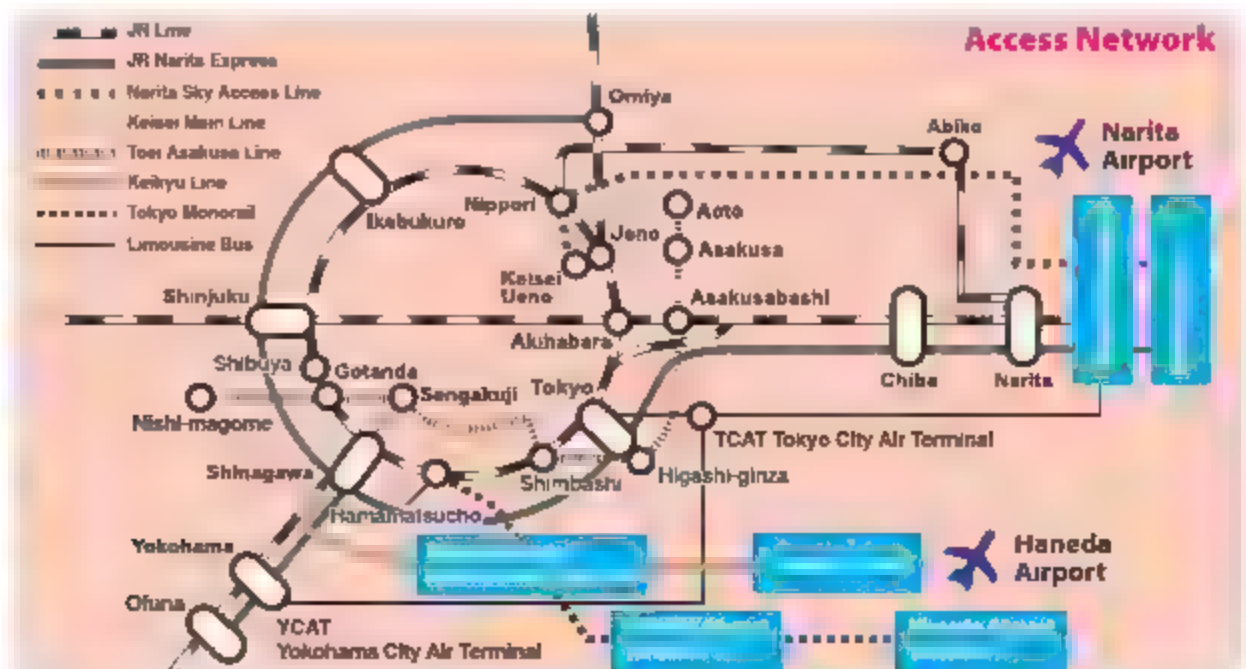
ドンキホーテ
yokoso-world.jp
Don Quijote 唐吉訶德 돈키호테

The largest and best discount store in Japan.
Don Quijote is a one-stop shopping destination for everything you need for your trip to Japan. From food and drink to clothing and toiletries, we have it all. Don Quijote is the perfect place to find everything you need for your trip to Japan.

日本最大級のディスカウントストア
唐吉訶德は、日本全国の旅行客に人気のディスカウントストアです。食料・飲料から衣類・化粧品まで、旅行に必要な品揃えが揃っています。唐吉訶德は、あなたの旅行を快適にするための最高の場所です。

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VISA, Mastercard, JCB, American Express, UnionPay



days) when purchasing in Japan. When purchasing in other countries, prices are 2,200 yen (1-day), 4,300 yen (2-days), 5,300 yen (3-days), and 6,300 yen (4-days).

Kansai Thru Pass (スルッと関西), offers a similar service to the Tokyo Furi Kippu in Kansai and enables subway, railway (but JR lines), and bus use throughout the Kansai area. Prices for adults are 4,000 yen (2 days) and 5,200 yen (3 days).

在關西（大阪）地區有 COCA 和 PiTaPa 兩種 IC 卡扮演著跟 Suica PASMO 同樣的角色。

使用關西地區鐵路周遊券，可利用在自由區域內的 JR 普通列車（含快速列車），的普通車自由席隨意上下車。在日本購買時，成人價格為 1 日用 2,300 日圓，2 日用 4,500 日圓，3 日用 5,500 日圓，4 日用 6,500 日圓。在日本國外購買時，成人價格為 1 日用 2,200 日圓，2 日用 4,300 日圓，3 日用 5,300 日圓，4 日用 6,300 日圓。

KANSAI THRU PASS 能夠自由乘坐關西地區的地下鐵、私鐵（JR 線除外）及巴士。2 日乘車卡 4,000 日圓、3 日乘車卡 5,200 日圓。

You can cash traveler's checks at many banks. Traveler's checks can also be used at hotels, ryokan Japanese style hotels, and shops in big cities. Credit cards can be widely used in urban areas, but sometimes are not accepted at shops in rural areas.

旅行支票可在很多家銀行換錢，而且，大都市的飯店或旅館、商店，也可使用信用卡。雖然信用卡在城市裡可廣泛使用，但是在有些郊區的商店無法使用。

Japanese coin & paper currency in circulation



Money Exchange 兌換

Exchanging non-Japanese currency for yen can be carried out at international airports, and most major banks. At the airports exchanging Japanese yen into foreign currency is also possible. At "World Currency Shop," even after banks close their doors it's possible to exchange later in the day.

在機場或是都市銀行可兌換日幣。在機場也可將日圓再兌換回外幣。在「World Currency Shop」，即使超過銀行的營業時間也辦理兌換業務。

ATMs

You can withdraw Japanese yen from ATMs of some banks with credit cards or cash cards which were issued outside Japan.

有些銀行的提款機，可以用國外發行的信用卡或提款卡提領日幣。

Japan Post Bank

www.jp-bank.jp/post.jp/en/ias/en_ias_index.html

SEVEN BANK

www.sevenbank.co.jp/intlcard/index2.html

AEON BANK

<http://www.aeonbank.co.jp/atm/>

Public Phone Service

Public telephones can be found almost everywhere in Japan and most can be used to make domestic and international calls. Only 10 or 100 yen coins can be used but all telephones take pre-paid telephone cards — purchase in convenience stores for 500 or 1,000 yen. If you use a calling card when you make an international call, it can reduce your calling rate.

在日本國內的各個地方設置有公共電話，可使用國內、國際電話的服務。使用 10 日圓、100 日圓的硬幣，或者是電話卡（在便利商店等販售，有 500 日圓，或是 1,000 日圓）。若使用打國際電話，也可以使用電話卡降低通話費。

KDDI Super World Card

http://www.00-kddi.com/en_group_with_guidance.swc

NTT Communications World Pre-paid Card

http://sub50n.tcom.ne.jp/herv/e/p_card

Brasel International Calling Service

博朗恩特永加智慧國際電話

<http://www.brave.com/pages/eng/home>

Japan Connected-free Wi-Fi

By registering with this app, you can enjoy free Wi-Fi at major airport, stations, tourist spots, convenience stores, etc. (About 130,000 locations throughout Japan as of May 2015.)

NTT East FREE Wi-Fi Japan

By presenting your passport at designated locations, you can receive a card with an ID and password required for Wi-Fi internet access. (More than 45,000 locations throughout the eastern Japan area.)

FREESPOT

Registration with your email address is required only the first time when you request access. (About 1,000 locations in Tokyo.)

Japan Connected-free Wi-Fi

只需下載這個軟件，即可在主要的機場、車站、旅遊景點、便利店等享受免費的 Wi-Fi 服務。（2015 年 5 月時，日本全國大約有 13 萬個熱點。）

NTT 東日本免費 Wi-Fi

需要在上網卡派發地點出示護照，即可獲取寫有帳號和密碼的上网卡。在東日本地區有 45 萬個以上的熱點。

FREESPOT 免費熱點

只需在第一次使用時登錄電子郵件地址，登錄一次半年有效。在東京都內約有 1,000 個熱點。

International Air Mail Fee

		Asia 亞洲	N-America Europe Oceania North East 北美洲/歐洲 大洋洲/中東	Africa S-America 非洲 南美洲
Post	明信片	70	70	70
Aerograms	無附電報	90	90	90
Letters	信件 (-25g)	90	110	130
Letters	信件 (-50g)	160	190	230
Greeting cards	賀卡 (-25g)	90	110	130

溫泉入浴方法

How to bathe in an Onsen

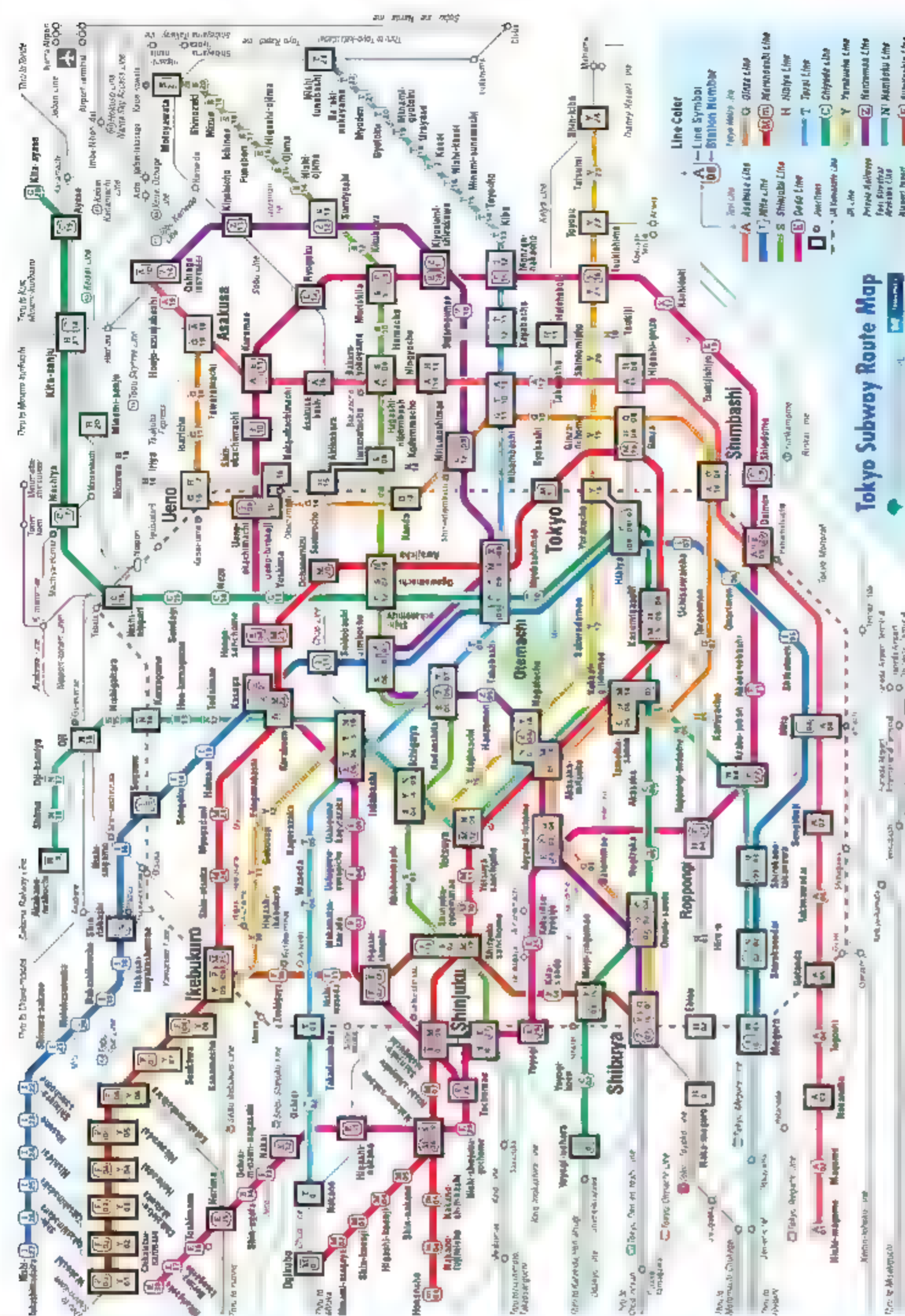
- 1 在更衣室脫下所有衣服，只有毛巾或是浴巾可以帶入浴場。禁止穿著衣服入浴。
- 2 進入更衣室後，需將身體沖乾後方能進入溫泉池。不同的溫泉有不同的入浴方式。有的入口設有沖洗用的石臼，有的有沖洗器，有的有沖洗池，有的有沖洗器，有的有沖洗池。沖洗時，應先用沖洗器沖洗全身，沖乾後再沖洗。
- 3 沖乾後即可進入溫泉池。最好由腳部開始，到頭部為止。沖乾後，應先用沖洗器沖洗全身，沖乾後再沖洗。沖乾後，應先用沖洗器沖洗全身，沖乾後再沖洗。
- 4 入浴時間：不要超過十分鐘。溫泉水含有礦物質，過長的入浴時間不但可以放鬆身心，還有利於吸收礦物質。一天的入浴次數以 2-3 次為佳。
- 5 如患有皮膚病，多次來回溫泉池也與溫泉池無關。請勿將肥皂等帶入溫泉池內。
- 6 有些地方有露天溫泉池，有些溫泉池有屋頂，可以自由地來回使用。
- 7 沖乾後，應先用沖洗器沖洗全身，沖乾後再沖洗。沖乾後，應先用沖洗器沖洗全身，沖乾後再沖洗。
- 8 溫泉池出水時，應先用毛巾把身體擦乾後再進入更衣室。可以小睡一會，溫泉有助於恢復體力。

You've finally made it to the hot spring. But how do you go about making use of it? Above all, you should never forget to observe the manners and etiquette needed throughout. Here are some important rules to guide you through your first onsen experience: a primer to the laws of the onsen:

- 1 First of all you will have to completely undress. Clothes are to be taken off in the dressing room (known as the datsui-yo in Japanese). Other than your birthday suit, you may bring one small towel or washcloth to the bathing area for washing with. Do not make the mistake of changing into and going in your bathing suit! It is not allowed.
- 2 Once in the bathing area, rinse off with hot water before getting into the onsen. At some places there will be a stone tub by the entrance, at others you may be able to wash with soap, bucket and using a tap, and at other you will have to take the water directly from the onsen itself (In Japanese this is called kake-yu). Kake-yu can be done with a small bowl or bucket (sometimes with a handle). Hot water is drawn from the tub or tap and poured over the entire body to rinse thoroughly. This is considered one of the most important points of onsen manners.

- 3 After you have completely rinsed, it's time to get into the hot tub. It's best to get in slowly at first. Get in slowly up to your knees, then up to your waist, followed by chest, then neck. In doing so your body will slowly get used to the water temperature. Do not put the towel into the water. You may see people fold and put it on their heads, now you know why it doesn't belong in the water. You may also put it on the side of the tub.
- 4 One dip is usually no more than 10 minutes. As there are mineral elements in the water, longer exposure is not only relaxing, but allows the body to soak up more of those minerals. Getting in at least 2 to 3 times a day is reasonable.
- 5 Where tap and washing stalls are available, switching from wash stall to tub and back is up to you. Do so at will. Never bring the soap or suds into the tub!
- 6 Some hot springs provide more than one tub, such as an open-air bath (rotenburo). Switching from bath to bath may also be done freely.
- 7 When your body is hot and you are totally relaxed, taking a shower is entirely up to you, although may be a waste of the onsen's mineral healing properties. Leaving them to soak in may be better for your skin.
- 8 Once out of the onsen, dry off with a towel. Taking a nap is effective: bathing in a hot spring takes quite some physical energy.

Tokyo Subway Map

[illegible][illegible]

Tokyo Subway Route Map

Topic: Water, Oil, and Agriculture
Date: 05/04/2024
Page: 1 of 1

Chisage [Z16] A20	Shimura-sakawa [Z1]	Shinkanedai [N62] M02	Tordalmoe V12	Zshigomo Yamagicho [E69]
Chenachu M.5 T6 C	Shimura-sanchome 122	Shinolane takanawa N03 [B3]	Toposh A08	
	Shin-eyeda E14	Suehirocho U14	Tokyo M1	W
	Shin-fukuden II	Sugama 115	Turatomon C07	Wakamatsu-kawaria [E13]
Roppongy 1104 [Z1]	Shinjuku M04 501 T-7	Sundabash 111	Tachimaon E16	Whitosh 10 E01
Roppongy A. H. 2 N05	Shinjuku-gyomae M.0	Sutengumae Z10	Toyochu 114	Wasada 104
Ryogoku [E12]	Shinjuku-nishiguchi (E01)	Sumiyosh Z12 S1	Toyosu 122	
	Shinjuku-sanchome [M07] 907 [E13]		Tsukji H10	Y
	Shin-ka Y18	T	Tsukiyoshiyo E.8	Yatsuya [M12] N04
	Shin-koenji [M04]	Takadanobasae T01	Tsukishima Y21 [E16]	Yatsuya sanchome [M1]
Sakuradamon Y17	Shin-nakano M05	Takanawada A06		Yayogi E26
Sendagi [C15]	Shin-ochanomizu C12	Takanawada A12		Yayogi koe E02
Sengaku A0	Shin-okachawachi E10	Takashimadai A 125	U	Yayogi-uehara [C01]
Sengoku Y1	Shin-otsuka M1	Takedabash 108	Ueno G. H. 7	Yu Okuchio Y18
Senkawa Y1 E0+	Shin-otaku C20	Tameike-sanno E08 N18	Ueno-h tokoj E15	Yushima E11
Shirakoen 105	Shin-otaku C20	Tatsumi Y21	Ueno-oka-himach E04	
Shiuya Crt Z01 F16	Shin-takashimadara D26	Tawaramach G14	Urayasu 118	Z
Shimbashi C04 A10	Shintomicho Y20	Todromae [E25]	Ushigome kagurazaka [E15]	Zoshigaya [F10]
Shimo 118	Shiodome E19			

[illegible]



Central Tokyo

Jikkoku-bune Boat Ride in Okazaki Park with Cherry Blossoms



March 26 (Sat)-May 8 (Sun), 2016
 Fee ¥200 yen (adults) 600 yen (children,
 300 yen (infants)
 Operating time: 9:30-16:30 (starting time)
 (until 20:30 during March 26-April 10)
 Length of ride: 15-60 min
 Access: Keage Sta. on the Tozai Subway Line
 Contact: Tel.075-321-7696 (Kyoto Travel Industry Co-op),
 Tel.080-6158-9703 for info on the day of the cruise



In the Okazaki area, where museums and a zoo are located, you can enjoy boat cruising on a traditional Jikkoku-bune boat. The boat starts from Okazaki Nanzenji boat pier (in front of Lake Biwa Canal Museum) and goes to Ebisugawa Dam (about 3 km,

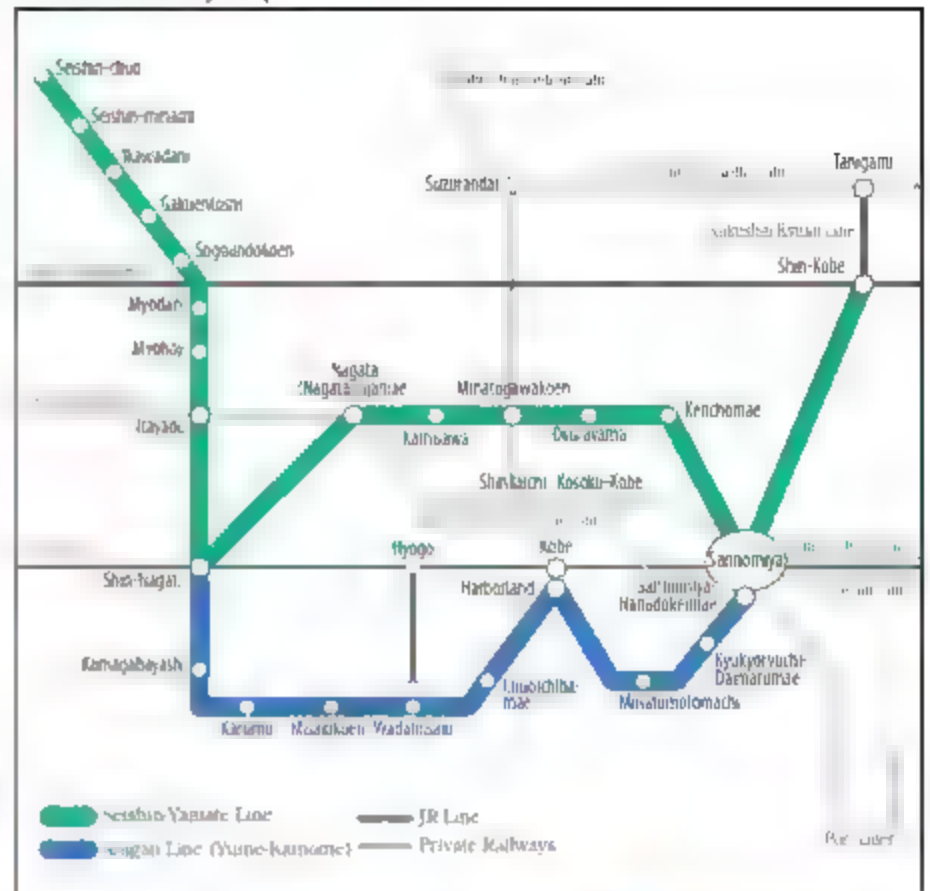
25 min /round trip). During the period of time when the canal is lit up in the cherry blossom season, night tours are available. After the cherry blossom season (depending on the year, usually late March to early April), fresh green scenery is also breathtaking!



F Fukuoka Subway Map



E. Kobe Subway Map



28 Sapporo 札幌



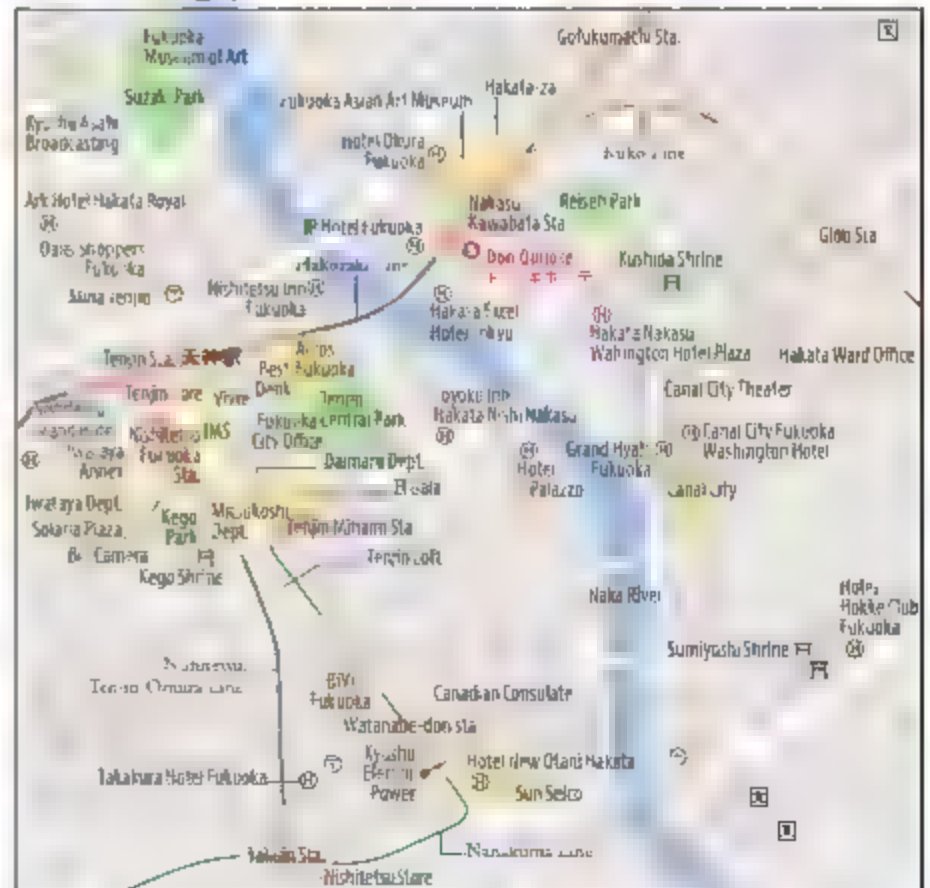
26. Hiroshima 広島

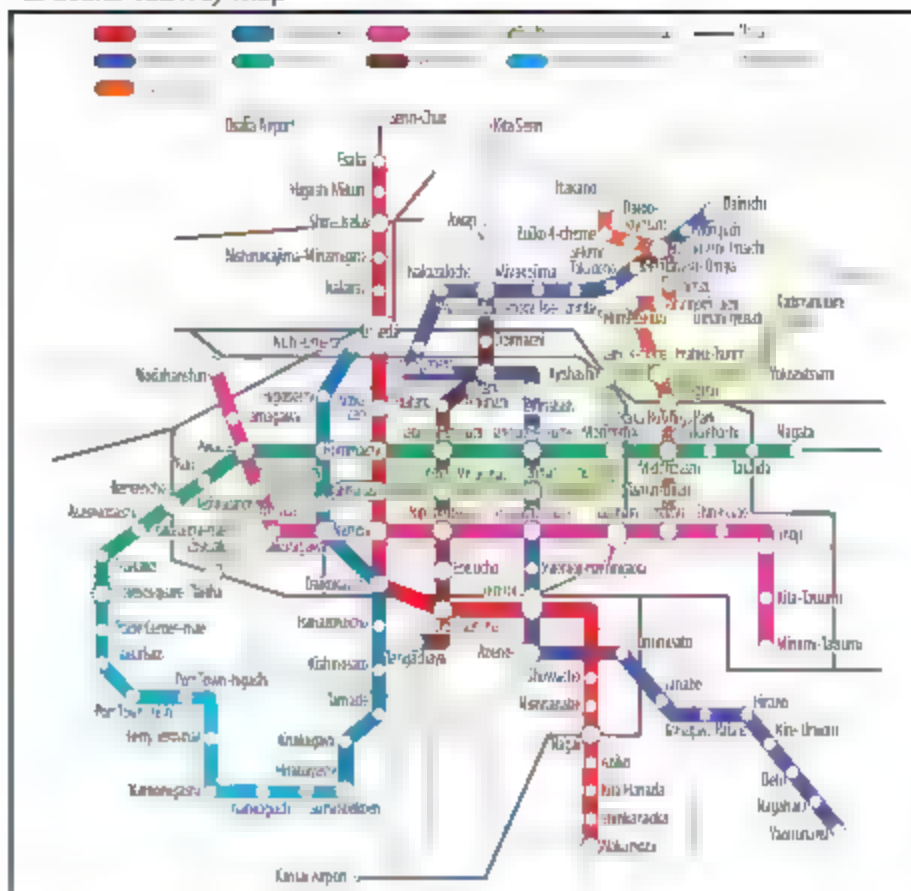


G Sapporo Subway Map



27 Fukuoka 福岡





24 Kobe Sannomiya 神戸 三宮



22 Osaka / Kita 大阪 キタ



25. Kobe 神戸



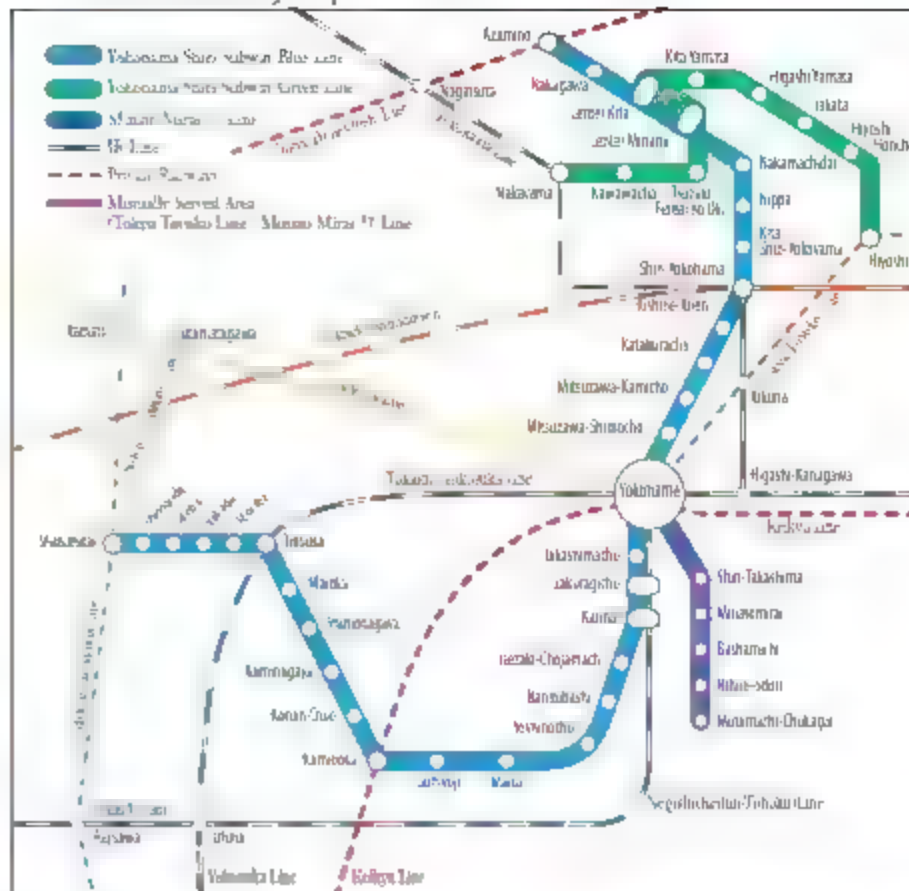
23 Osaka Minami 大阪 ミナミ



B Nagoya Subway Map



A. Yokohama Subway Map



20 Complete Map of Kansai Area 関西全図



18 Nagoya Station 名古屋駅



21 Complete Map of Osaka 大阪全図



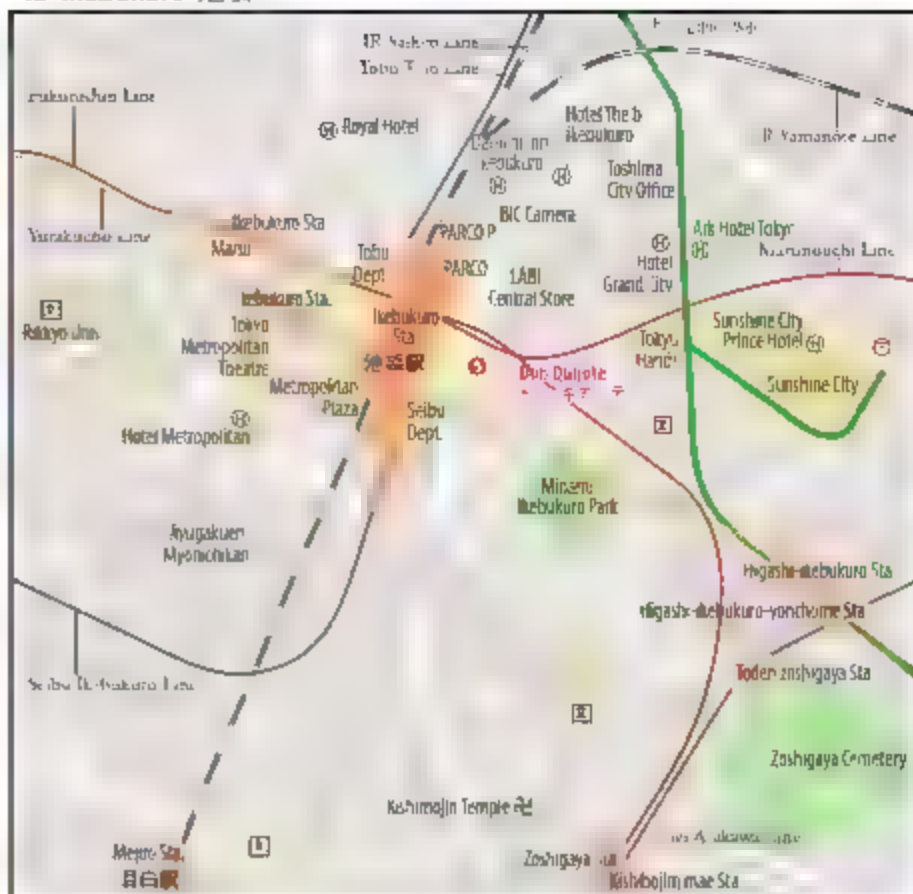
19 Nagoya/Sakae 名古屋 栄



15 Yokohama Station 横浜駅



12 Ikebukuro 池袋



16 Kanna Motomachi 関内、元町



13 Kichijoji 吉祥寺



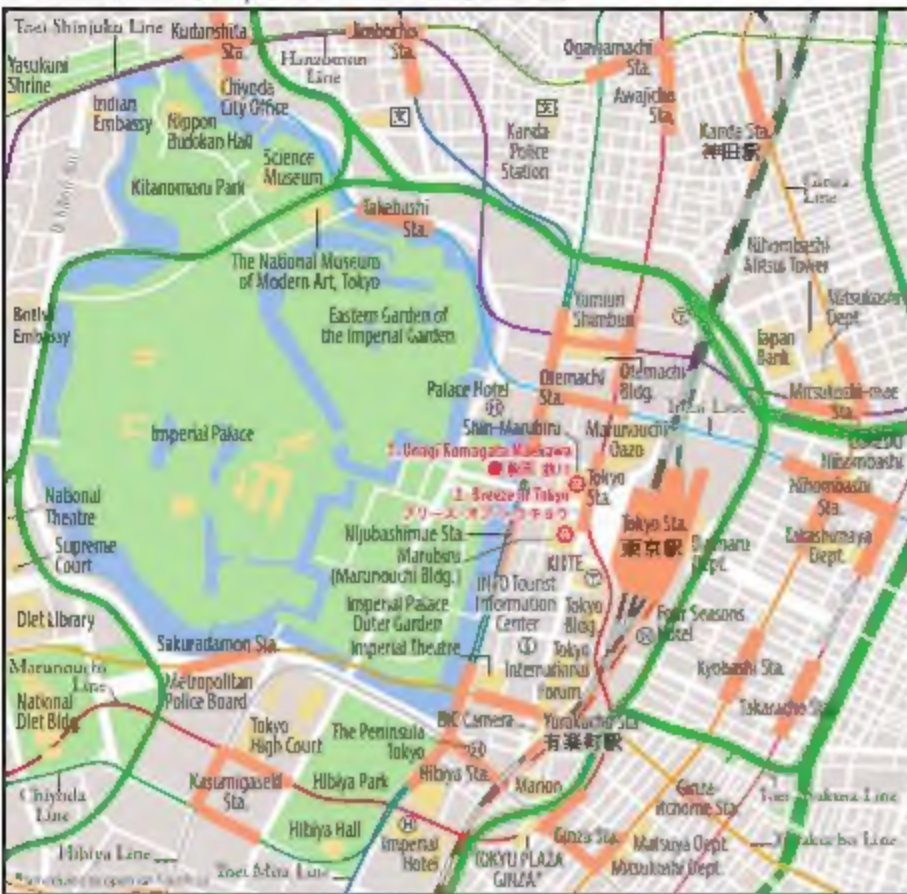
17 Minato Mirai 21 みなとみらい21



14 Complete Map of Yokohama 横浜全図



9. Marunouchi / Imperial Palace 丸の内/皇居



10. Ginza 銀座



11. Odaiba お台場



6. Asakusa 浅草

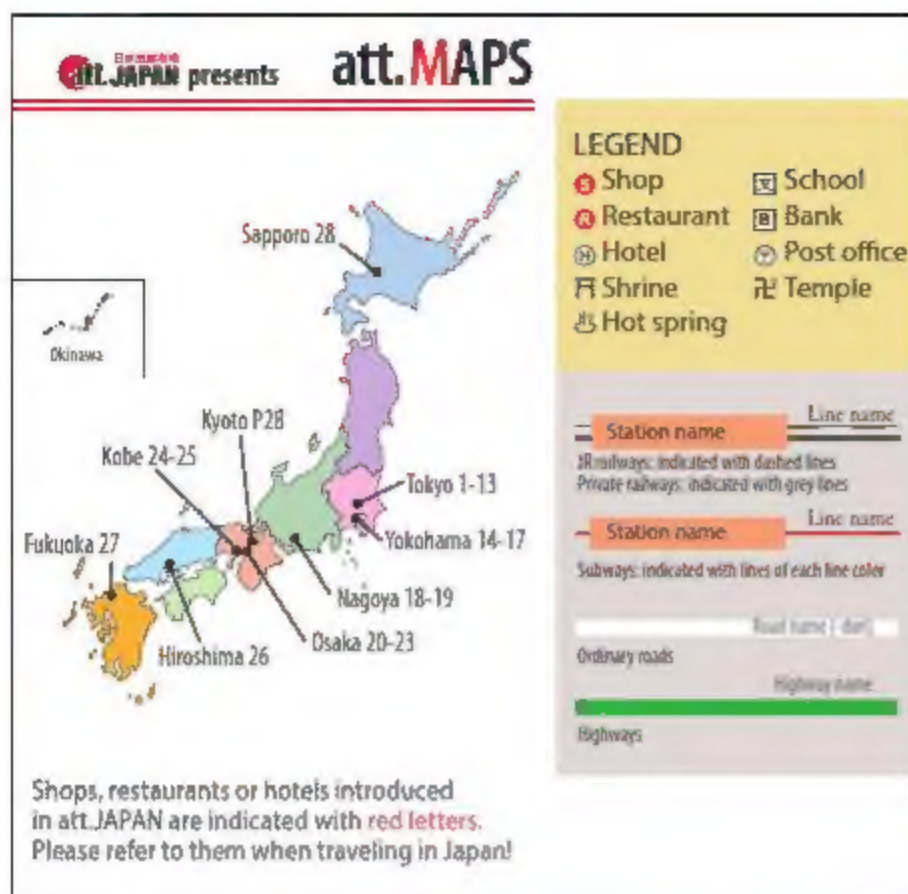


7. Akihabara 秋葉原

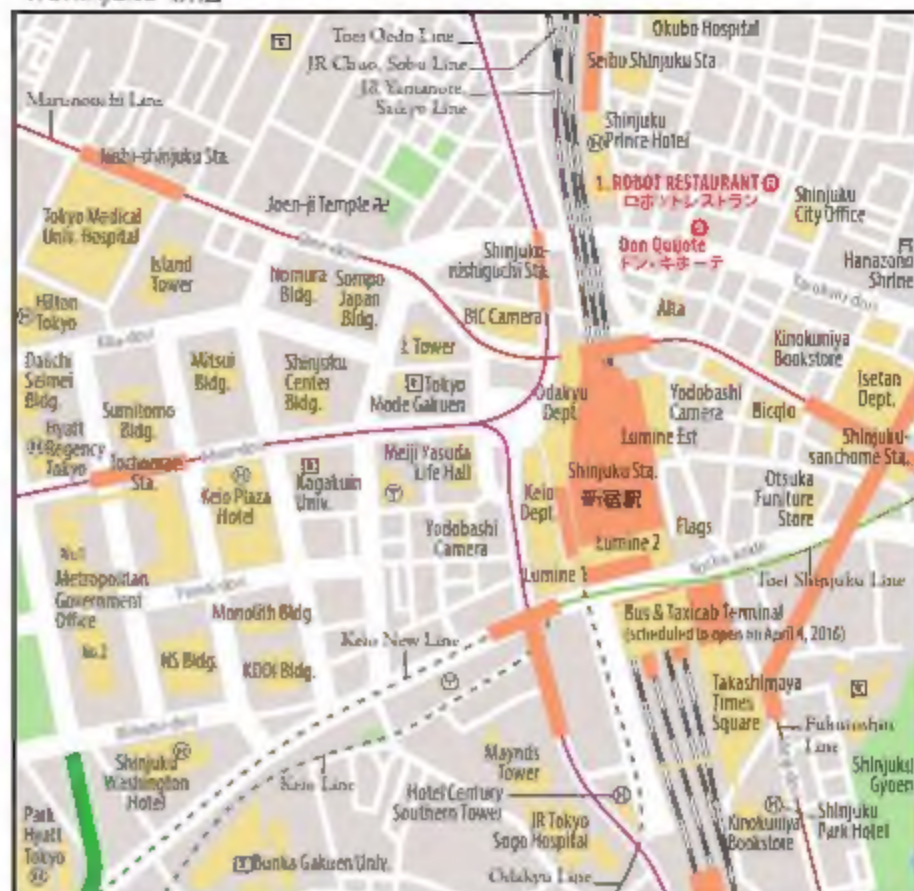


8. Ueno 上野





1. Shinjuku 新宿



2. Harajuku 原宿



3. Shibuya 渋谷



4. Roppongi-Akasaka 六本木、赤坂



5. Ebisu-Daikanyama 恵比寿、代官山



¥2,000 OFF COUPON

003

Bring this ad to get a discount. 1 Coupon per group.
All members of the group can get a 2,000 yen discount!

凭此券即可享受每人2000日元折扣。

本券1张仅供一组客人使用。

ROBOT★SHOW & ROBOT★RESTAURANT

Where the Wild Things Are 和风现代化机器人秀

新宿歌舞伎町—机器人餐厅

The Robot Restaurant, a recent endeavor to create a fusion between the traditional and modern cultures of Japan, has been operating in Shinjuku's Kabuki-cho district for over two years. Although it's called a restaurant it is functionally an entertainment performance, albeit one where you can have a sushi meal delivered at your table.

The performance itself features the aforementioned robots, along with a medley of mythical creatures, traditional taiko musicians, dancers and clowns, including an impressive final act where all of these performers join the stage together. It's a light-hearted jaunt through the history of Japan and its popular culture, in an intimate stage setting that gives more of a family-run impression than a big Broadway business one. The popcorn offered at regular intervals during intermissions helps to establish this homey atmosphere even further.

Still, the production values on display here are undeniably high, and the large ensemble cast works with a clear sense of unity and professionalism.

Most importantly, they genuinely seem to enjoy performing the show. This one comes recommended for those who want to get up close with the wacky side of the Land of the Rising Sun. The show performs three to four times a day, but with its popularity steadily rising, reservations are recommended.

位于新宿歌舞伎町的机器人餐厅，与其说是餐厅，实为秀场，是体验东京夜晚繁华热闹的好去处。炫目闪烁的霓虹灯，喧闹舞动的音乐以及婀娜多姿的美女们，让人不禁想坠入这个虚拟世界。

既然名为机器人餐厅，机器人秀就是这里最大的特色。配合着两侧巨大的电子屏幕与令人兴奋激动的音乐，一台台机器人逐渐登场。或是对战，或是游行，有时吞云吐雾，有时载歌载舞。在触手可及的距离欣赏机器人表演，真是让人亢奋不已。不愧是高科技的日本，连夜晚的娱乐都富含着最先进的技术。

不只是机器人的高科技，这里还能体验到浓浓的日本风情。除了在待场时，机器人装扮的乐手们演奏的结合现代风格的日式音乐，还有身着和服的舞伞美女，带着歌舞伎面具的太鼓表演等等。近距离的震撼，不容抗拒。

要最大程度地享受表演，重点是自己也要与表演融为一体。何不来这里，手挥闪耀的荧光棒，随着音乐高声吆喝，在灯红酒绿中快乐一场？



Location: 1-7-1 Kabukicho Shinjuku Shinjuku-ku Tokyo, Japan

Call for Reservation: 03-3200-5500 (English is available)

Phone hours: 9:00am-10:00pm Business hours: 3:30pm-11:30pm

Web: <http://www.shinjuku-robot.com>

*Making a reservation early is highly recommended as tickets are difficult to get on the day of.

地址：东京都新宿区歌舞伎町 1-7-1

电话预约：03-3200-5500 (可讲英文)

电话预约时间：9:00 - 22:00 营业时间：15:30 - 23:30

网址：<http://www.shinjuku-robot.com>

※ 根据当天情况可能会无法马上入场，请最好提前预约。

Recommended tickets for sightseeing in Eastern Japan



Click here for more information about tickets! 各周遊券詳細資訊請點這裡!

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Kanto Area + Tohoku Area

關東地區 + 東北地區

Available from
April 2016
2016年4月
開始販售

1 JR EAST PASS (Tohoku area)

JR 東日本鐵路周遊券 (東北地區)

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價格	Adult (age 12 and over) 大人 (12歲以上)	19,000 yen 19,000 日圓	20,000 yen 20,000 日圓
	Child (age 6 to 11) 兒童 (6歲~11歲)	9,500 yen 9,500 日圓	10,000 yen 10,000 日圓

Validity Flexible 5-day (Any 5 days within 14 days from the date of issue)
有效期 5天機動型(自發行日起14天內任選5天)

How to purchase Web 網路 Overseas Tour Company 日本國外旅行社 Within Japan 日本國內

Kanto Area + Nagano, Niigata Area

關東地區 + 長野、新潟地區

Available from
April 2016
2016年4月
開始販售

2 JR EAST PASS (Nagano, Niigata area)

JR 東日本鐵路周遊券 (長野、新潟地區)

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價格	Adult (age 12 and over) 大人 (12歲以上)	17,000 yen 17,000 日圓	18,000 yen 18,000 日圓
	Child (age 6 to 11) 兒童 (6歲~11歲)	8,500 yen 8,500 日圓	9,000 yen 9,000 日圓

Validity Flexible 5-day (Any 5 days within 14 days from the date of issue)
有效期 5天機動型(自發行日起14天內任選5天)

How to purchase Web 網路 Overseas Tour Company 日本國外旅行社 Within Japan 日本國內

Tokyo - Hokuriku - Osaka Area

東京~北陸~大阪地區

Available from
April 2016
2016年4月
開始販售

5 Tokyo-Osaka Hokuriku Arch Pass

東京、大阪 北陸拱型鐵路周遊券

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價格	Adult (age 12 and over) 大人 (12歲以上)	24,000 yen 24,000 日圓	25,000 yen 25,000 日圓
	Child (age 6 to 11) 兒童 (6歲~11歲)	12,000 yen 12,000 日圓	12,500 yen 12,500 日圓

Validity 7 consecutive days
有效期 連續7天內

How to purchase Web 網路 Overseas Tour Company 日本國外旅行社 Within Japan 日本國內

Tokyo ⇄ Narita Airport 東京 ⇄ 成田機場

6 NEX TOKYO Round Trip Ticket

NEX 東京去回車票

	Adult (age 12 and over) 大人 (12歲以上)	Child (age 6 to 11) 兒童 (6歲~11歲)
Prices 價格	4,000 yen 4,000 日圓	2,000 yen 2,000 日圓

Validity 14 days
有效期 14天內

How to purchase Web 網路 Overseas Tour Company 日本國外旅行社 Within Japan 日本國內

Kanto Area + Tohoku Area + Southern Hokkaido Area

關東地區 + 東北地區 + 南北海道地區

Available from
April 2016
2016年4月
開始販售

4 JR East-South Hokkaido Rail Pass

JR 東日本·南北海道鐵路周遊券

		Sold Overseas 日本國外購買	Sold in Japan 日本國內購買
Prices 價格	Adult (age 12 and over) 大人 (12歲以上)	26,000 yen 26,000 日圓	27,000 yen 27,000 日圓
	Child (age 6 to 11) 兒童 (6歲~11歲)	13,000 yen 13,000 日圓	13,500 yen 13,500 日圓

Validity Flexible 6-day (Any 6 days within 14 days from the date of issue)
有效期 6天機動型(自發行日起14天內任選6天)

How to purchase Overseas Tour Company 日本國外旅行社 Within Japan 日本國內

* The Hokkaido Shinkansen will start operating from March 26, 2016.



Kanto Area 關東地區

3 JR TOKYO Wide Pass JR 東京廣域周遊券

	Adult (age 12 and over) 大人 (12歲以上)	Child (age 6 to 11) 兒童 (6歲~11歲)
Prices 價格	10,000 yen 10,000 日圓	5,000 yen 5,000 日圓

Validity 3 consecutive days
有效期 連續3天內

How to purchase Within Japan 日本國內

How to Purchase

- Web** --- You can purchase an exchange order from the JR East website. Please exchange it for a pass in Japan.
- Overseas Tour Company** --- You can purchase an exchange order from an overseas tour company or travel agency. Please exchange it for a pass in Japan.
- Within Japan** --- You can purchase it at sales locations in Japan. Please see the pass website for details of sales locations.

關於購買方法

- 網路** --- 從JR東日本的網站購買。之後請到日本國內兌換實體周遊券。
- 日本國外旅行社** --- 可於日本國外旅行社、旅行代理店購買。之後請到日本國內兌換實體周遊券。
- 日本國內** --- 可於日本國內的販售地點購買。關於販售地點請參考周遊券和網站。

The information above is current as of February 2016.

此資訊截至2016年2月。